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28 FEB–6 MARCH 2026

TV & Satellite UK

NEW

Marshals

A YELLOWSTONE STORY

Luke Grimes on the next adventures for the Dutton family

NEW

YOUNG SHERLOCK

Guy Ritchie's take on the sleuth's early days

NEW

TED

The potty-mouthed bear is back!

NEW

THE DINOSAURS

Steven Spielberg's epic prehistoric series

HotList This week's 28

Saturday 28

Premier League
FOOTBALL *TNT Sports & Sky Sports*

Today's live coverage features Bournemouth v Sunderland (TNT Sports 1, k-o 12.30pm). Later, Leeds Utd play host to Manchester City (Sky Sports Main Event & Sky Sports Premier League, k-o 5.30pm).

BRIT Awards
AWARDS *ITV1, 8.15pm*

Jack Whitehall (above) hosts the ceremony from Manchester's Co-op Live – the first time the BRITs have been held outside London. Harry Styles is among the performers. ***See feature, page 7***

Classic Hits in the Piano Room
MUSIC *BBC2, 8.30pm (times vary)*

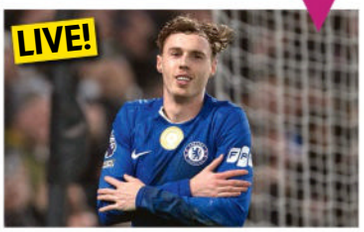
Vernon Kay presents performances recorded for Radio 2, with artists including Coldplay (above) and Stormzy, while 10cc play their classic *I'm Not in Love*.

Bill Bailey's Vietnam
TRAVELOGUE *C4, 9.15pm*

Over 50 years after the end of the Vietnam War, Bill Bailey (above) travels to the Asian country to learn more about its people and culture, starting in the town of Hoi An. ***See Documentaries, page 20***

Full listings start on **p35**

Sunday 1



Premier League
FOOTBALL *Sky Sports Main Event & Sky Sports Premier League*

All eyes are on the capital for today's top-flight action, with Fulham taking on Tottenham Hotspur (k-o 2pm), before Arsenal face Chelsea (k-o 4.30pm).

Lord of the Flies
DRAMA *BBC1, 9pm*

As the drama concludes, Ralph (Winston Sawyers) is on the run, with Jack and co hunting for him through the jungle. *Making of Lord of the Flies* follows on BBC4. ***See feature, page 12***

Forensics: The Real CSI
DOCUMENTARY *BBC2, 9pm (times vary)*

A sixth series opens with the shocking case of Leo Ross, 12, who was found stabbed to death in a Birmingham park. Police then used AI to uncover a suspect's pattern of violence from many hours of CCTV footage.

Fires of the Moon
OPERA *C4, 10pm (S4C, 9pm)*

Aptly scheduled for St David's Day, this Welsh-language opera, filmed in the haunting landscapes of North Wales, focuses on the melancholic story of a writer on his journey home in the 1950s.

Full listings start on **p45**

Monday 2

Marshals: A Yellowstone Story
DRAMA *Paramount+*

This spin-off of Taylor Sheridan's *Yellowstone* follows Kayce Dutton (Luke Grimes) as he joins the US Marshals, leaving ranch life behind. ***See feature, page 4***

Handcuffed: Last Pair Standing
REALITY *C4, 9pm*

Jonathan Ross (above) hosts as nine pairs of strangers are shackled together and have to compete in a road trip across the UK. Continues tomorrow. ***See feature, p12***

DTF St Louis
DRAMA *Sky Atlantic, 9pm*

Jason Bateman and David Harbour (both above) co-star in this darkly comic drama as colleagues who get caught up in a love triangle that ends in murder. ***See feature, page 11***

Ross Kemp: Lost Boys, Deadly Men
DOCUMENTARY *Crime + Investigation, 9pm*

The *EastEnders* actor and *Bridge of Lies* host (above) investigates the rise in cases of violence against women and girls committed by young men in the UK.

Full listings start on **p55**

Tuesday 3

Women's World Cup Qualifier
FOOTBALL *ITV4, kick-off 5pm*

Double European champions the Lionesses kick off their campaign to qualify for next year's World Cup in Brazil, with a tough group game against Ukraine.

Nando's Vs KFC: Battle of the Brands
DOCUMENTARY *C4, 8pm*

Kate Quilton goes behind the counter to see how fried-chicken giant KFC and peri-peri powerhouse Nando's square up in a UK market worth a spicy £5 billion a year.

Stonehenge: Secrets of the New Stone
DOCUMENTARY *5, 9pm*

Actor Jason Watkins and historian Tracy Borman (both above) team up to investigate the significance of Stonehenge's six-tonne Altar Stone.

Tackling Rugby Head on with Ben Youngs
DOCUMENTARY *BBC1, 10.40pm (times vary)*

The ex-England scrum half (above) looks at the sport's long-term health impacts, including an interview with Steve Thompson on the challenges of living with dementia.

Full listings start on **p65**

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Wednesday 4

Young Sherlock

***DRAMA** Prime Video*

Director of two Sherlock Holmes films Guy Ritchie returns to the character here, following a young Sherlock (Hero Fiennes Tiffin) at the University of Oxford. *See Your Watchlist, page 14*

Winter Paralympics

***WINTER SPORTS** C4 Sport YouTube*

Ahead of Friday's Opening Ceremony, daily coverage of the early rounds of the wheelchair-curling competition begins on the Channel 4 Sport channel on YouTube. *See Sport Week, page 28*

Premier League

***FOOTBALL** TNT Sports*

Among tonight's highlights Brighton host Arsenal at the Amex Stadium (TNT Sports 2, k-o 7.30pm), while Newcastle are visited by Manchester United at St James' Park (TNT Sports 1, k-o 8.15pm).

Hostage

***DOCUMENTARY** BBC2, 9pm (box set, BBC iPlayer)*

The kidnappings of British photographer John Cantlie and US journalist James Foley by Islamic State in Syria in 2012 are detailed in this three-part series.

Full listings start on **p75**

Thursday 5

Vladimir

***COMEDY DRAMA** Netflix*

Based on the bestselling novel by Julia May Jonas, Rachel Weisz stars as a college professor who develops an obsession with a younger colleague (played by Leo Woodall). *See feature, page 8*

Crufts

***FACTUAL** C4 & More4, from 3pm*

The world's largest dog show kicks off at Birmingham's NEC, with Claudia Winkleman joining Clare Balding (above), Ellie Simmonds and Radzi Chinyanganya to host coverage. Continues tomorrow.

Alexander Armstrong in India

***TRAVELOGUE** 5, 8pm*

The *Pointless* host (above) takes us on a journey across India, starting in the chaos of Mumbai, the country's most crowded city. *See Documentaries, page 21*

Molly Vs the Machines

***DOCUMENTARY** C4, 9pm*

In this powerful documentary, we meet Ian Russell as he fights for online safety after the death of his daughter Molly (above), who was exposed to masses of harmful social-media content.

Full listings start on **p85**

Friday 6

The Dinosaurs

***DOCUMENTARY** Netflix*

Morgan Freeman (narrator) and Steven Spielberg (executive producer) team up for this series, which uses CGI to chronicle the 165-million-year story of the dinosaurs. *See Your Watchlist, p16*

Winter Paralympics: Opening Ceremony

***WINTER SPORTS** C4, from 6.30pm*

The Games are officially launched with a showstopping ceremony at the Arena di Verona, which kicks off a feast of winter sports. *See Sport Week, page 28*

Six Nations

***RUGBY UNION** ITV1 & S4C, k-o 8.10pm*

The penultimate round in the championship starts tonight, with last year's Triple Crown winners Ireland, featuring Robert Baloucoune (above), taking on Wales at Dublin's Aviva Stadium.

Ted

***COMEDY** Sky One, 9pm & 9.45pm (box set, Sky Box Sets & NOW)*

The foul-mouthed bear (voiced by Seth MacFarlane) returns, with John (Max Burkholder) in his senior year of high school. *See feature, page 6*

Full listings start on **p95**

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RIDING high

Luke Grimes trades his lasso for law enforcement in a *Yellowstone* spin-off series

NEW FROM Paramount+

NEW DRAMA

Marshals: A Yellowstone Story

From Mon 2 March, Paramount+ (released weekly)

Buckle up, *Yellowstone* fans. The dust may have settled on the hit western saga, but the youngest Dutton sibling, ex-Navy SEAL and complicated cowboy Kayce, is leaving the family ranch for pastures new in a 13-part sequel series.

Marshals: A Yellowstone Story picks up after the flagship show's fifth run, when Kayce (Luke Grimes), heir to the late John Dutton's cattle empire, cut a deal with Chairman Thomas Rainwater (Gil Birmingham) and the Broken Rock tribe, selling off the majority of his land.

Now, Kayce is dusting off his Stetson and pinning on a star-shaped badge as he joins an elite US Marshals unit.

'Wrapping on *Yellowstone* was a bigger moment in my life than I thought it would be,' says Ohio-born actor and country-music singer Grimes. 'It was really emotional and, in a way, like losing a family. I don't think the fans wanted it to be over.'

But when Grimes was approached with the idea for a sequel, the 42-year-old actor admits he was in two minds about any possible projects.

From left: Mo, Thomas and Kayce

NEW DIRECTION

'In *Yellowstone*, the end of Kayce's story was perfect for him. He got what he always wanted: to be a guy of the land, a cowboy and his own little slice of heaven with his family, so I wasn't going to just do a spin-off. We had to make it make sense,' he explains.

'I thought the idea of *Marshals* opened up the whole world for Kayce. Plus, he's not the only character from *Yellowstone* in the show. There'll be some people you know and love.'

Familiar faces include Thomas and his steadfast right-hand man, Mo, played by Mo Brings Plenty. Kayce's son, Tate (Brecken Merrill), is also back, but whether Kayce's wife, Monica (Kelsey Asbille), will appear remains unknown.

Yellowstone creator Taylor Sheridan is at the helm, but rather than producing a simple sequel, *Marshals* is a mix of high-speed chases, shoot-outs and procedural drama. Set against Montana's majestic wide horizons, the action follows Kayce as he juggles duty to his team, his family and local residents when a bomber targets the Broken Rock reservation.

'Right off the bat, everyone will see that this is a very different show and a very different version of Kayce,' says Grimes. 'It opens the door for a lot of really interesting storylines.'

Meanwhile, new series regulars include Kayce's old military buddy, Pete Calvin (Logan Marshall-Green), plus Harry Gifford (Brett Cullen), the head of the Marshals' Montana unit featuring Belle Skinner (Arielle Kebbel), Andrea Cruz (Ash Santos) and Miles Kittle (Tatanka Means).

'It's a different Kayce than we've seen in the past and things happen very early on to free him up to go be the guy I think we wanted him to be to begin with,' says Grimes. 'He's doing things we know he's capable of, but wasn't allowed to do in *Yellowstone*. Kayce's arc was that he didn't know what to do with his life, and now he's got a path and a journey to go on.

'I've been playing this guy for several years. He's really close to my heart and feels like a family member. But everything else is new. His job, the cast – it's a whole new world. I feel like this character has changed my life in so many ways – and I'll ride this ride as long as they let me.'

WORDS: REBECCA MAHONEY PHOTOS: PARAMOUNT+, CBS

DUTTON DYNASTY

Michelle Pfeiffer in *The Madison*

Following the success of prequel series *1883*, starring Tim McGraw and Faith Hill – and its follow-up, *1923*, starring Harrison Ford and Dame Helen Mirren – the *Yellowstone* universe is unleashing a stampede of spin-offs.

Next up is six-parter *The Madison*, which gallops onto Paramount+ on 14 March, and follows wealthy matriarch Stacy Clyburn (Michelle Pfeiffer) as she ups sticks from NYC to Montana's Madison River Valley after a family tragedy. Kurt Russell and Matthew Fox also star.

Filming is already under way on *The Dutton Ranch*, which reunites Kayce's fiery, fearless sister Beth (Kelly Reilly) and her rugged ranch-foreman husband, Rip Wheeler (Cole Hauser). The cast includes Ed Harris and Annette Bening.

Meanwhile, *1944*, a World War Two-set follow-up to *1883* and *1923*, is also in development.

'The great thing about the Dutton family is you can skip generations and put them in these unique situations,' says Taylor Sheridan. 'They're all stand-alones, and that's what I find so intriguing.'

WHO'S WHO

Pete Calvin
Logan Marshall-Green
Kayce's old military comrade is a veteran who understands what it takes to succeed within the US Marshals.

Belle Skinner
Arielle Kebbel
With nerves of steel and a sharp mind, the dedicated Marshal's loyalty is unwavering. But will she stand firm in the field?

Andrea Cruz
Ash Santos
A skilled and resilient member of Kayce's squad, she faces the demanding challenge of criminal gangs and violent cartels.

Miles Kittle
Tatanka Means
Calm and reliable, Miles' knowledge of the land and its communities is invaluable to his fellow Marshals.

Kayce Dutton
Luke Grimes
The ex-rancher and former Navy SEAL leaves the Yellowstone life behind to bring justice to Montana as a US Marshal.

Kayce (left) with Pete Calvin

Lothario Ted

BEAR with me

Ted and family return to tackle more life milestones in a second season

NEW COMEDY

Ted

Friday, 9pm & 9.45pm, Sky One (box set, Sky Box Sets & NOW)

When Ted first bulldozed his way on to our screens in the 2012 movie of the same name, the crass, foul-mouthed CGI teddy won himself a legion of fans.

The hit film starred Mark Wahlberg as John Bennett, whose childhood wish to bring his teddy-bear best friend to life came true, and was followed by the sequel *Ted 2* three years later.

In 2024, a prequel series took us back to the 90s to delve deeper into the pair's early years together and followed teenage John (now played by *Parenthood*'s Max Burkholder) and Ted (voiced by creator Seth MacFarlane) as they navigated the ups and downs of adolescence.

NEW ADVENTURES

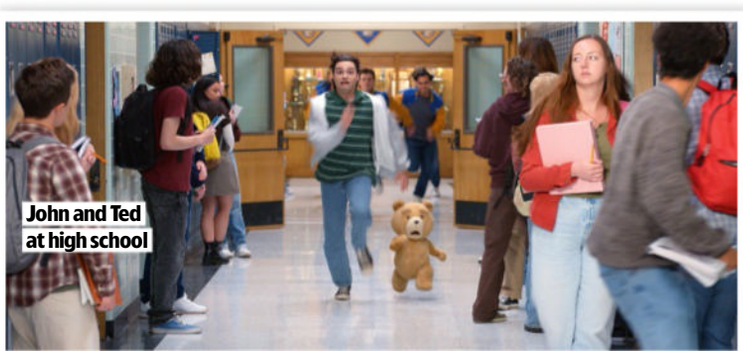
'It's really exciting to bring back a global phenomenon in a new way because Ted is evergreen,' says executive producer Erica Huggins. 'He has new experiences, but he gets to live for ever. There is something for everybody in the show, whether or not you've seen the Ted movies.'

Season 1 saw Ted living with 16-year-old John, John's parents Matty (*ER*'s Scott Grimes) and Susan (*Euphoria*'s Alanna Ubach) and his progressive, sexually fluid cousin Blaire (Giorgia Whigham) in Framingham, Massachusetts.

Ted's brief brush with fame and notoriety as a sentient teddy bear had passed, and Ted was forced to attend high school, where he and John stumbled through many teen milestones together, such as acquiring porn and getting stoned for the first time of many.

After the series managed to keep fans of the original movies hooked, while also attracting a whole new generation of viewers, MacFarlane knew the franchise deserved a second season.

'There has to be an audience for something like this,' he insists. 'You


John and Ted at high school

WORDS: NATASHA HOLT, VICTORIA WILSON. PHOTOS: ADOBE STOCK, GETTY, ITV, SKY, PEACOCK

Ted with the Bennett family

don't want to just keep rehashing the same character if no one's watching. I guess there's a lot of that today anyway, but it's not really our first order of business – there really has to be an appetite.

TEENAGE TROUBLES

'The nice thing about it is that it feels like the same Ted audiences have grown to love but it also feels like its own entity. This 90s world that we've created has opened up a lot of areas we couldn't necessarily have explored in the movie and it feels like its own universe, while still feeling like the Ted films.'

This time, we catch up with the pair as they are halfway through their senior year at high school.

Perennial loser John is worried that he will be heading off to college having never had a girlfriend, and Ted is determined to introduce his best pal to the joys of sex. But phoning a chat line from school lands the pair in hot water and, as ever, mayhem ensues.

'People are feeling starved of comedy right now and they just want to laugh. We wanted to create a new world and make people feel like there's a reason to watch beyond reliving old laughs,' explains MacFarlane.

'And the beauty of Ted being an animated character is that he doesn't age. He's going to be the same Ted people remember. He's like an old friend.'

Mad for it

Jack Whitehall hosts the BRIT Awards from Manchester

LIVE AWARDS

BRIT Awards
Saturday, 8.15pm, ITV1

Manchester has produced some of the biggest bands in British music history, including The Smiths, New Order, The Stone Roses and Oasis. So it's fitting that, on Saturday night, the biggest event in the music industry's calendar debuts at its new Manchester home – the Co-op Live – as the BRIT Awards airs on ITV1.

Stand-up comic and actor Jack Whitehall is back to host as Harry Styles, Olivia Dean and Wolf Alice perform at the event, where Mark Ronson will be honoured for his Outstanding Contribution to Music and Oasis star Noel Gallagher will receive the award for Songwriter of the Year.

Here, Whitehall, 37, reveals what's in store...

This is your sixth time hosting the BRIT Awards. What do you most enjoy about doing the show? I love that unpredictable element of the BRITs – there's nothing quite like it in terms of a job as a host. It's great to be given the opportunity to keep coming back and I'm excited to be in Manchester, a place that's so important to me [Whitehall was a student at the University of Manchester before dropping out to do stand-up].

Did you enjoy student life in Manchester? I used to enjoy all sorts of nonsense, like going out just in a toga. The BRITs after-party should be slightly classier!

You're known for your mischievous on-stage banter. Do you ever worry about taking a joke too far? In every other show I've done, I've been more policed [by producers] but, with the BRITs, they're happy for me to push boundaries. I used to worry about upsetting people but now I like it when someone gets a bee in their bonnet over something I've said – it shows I'm pushing the right buttons.

Oasis' Noel Gallagher

Olivia Dean will perform

Is there a celebrity you're hoping to wind up? Harry Styles is someone I've had a long friendship with. He's super-talented, so I am very excited that he will be a big part of the show this year. He's always up for chatting and playing around.

Lessons in love

Rachel Weisz and Leo Woodall star in a steamy campus romance

NEW COMEDY DRAMA

Vladimir

From Thursday 5 March, Netflix

English professor 'M' used to feel like one half of the 'golden couple on campus' at the Upstate New York college where she works with her husband John, a poetry lecturer with whom she has an open marriage.

'They have been the king and queen of the English literary department,' explains Rachel Weisz, who stars as M in steamy eight-part comedy drama *Vladimir*. 'And they're a beloved teaching couple.'

Rachel Weisz as M and Leo Woodall as Vladimir

STALE REALITY

However, when historical affairs John (*Mad Men*'s John Slattery) has had with students come to light and are the subject of an internal investigation, the marriage comes under strain.

'John has been suspended from teaching, and their professional world is beginning to fall apart,' says Weisz. 'They are both under a lot of stress, and the woman you meet at the beginning of the series is trying to hold on for dear life as, by association, her reputation is tainted and she is losing her throne.'

The fallout from John's past indiscretions soon threatens the couple's previously stable marriage.

'My character has been married for a long time,' says Weisz, 55, who off-screen is married to former James Bond actor Daniel Craig. 'She's definitely stood by her husband through thick and thin, she does love him, and they're best friends. But at the moment where this story begins, he's pushed her right to the edge of what she can handle with his behaviour.'

The revelations about John's past also destabilise the couple's relationship with their adult daughter Sid (Ellen Robertson), when M blurts out the truth about what's happened during an argument at the dinner table.

'M has one child and is a really devoted mother,' says Weisz. 'She's tried really hard to keep her family together, but there have been some unusual circumstances that are putting them under quite a lot of pressure.'

John (John Slattery)

ALL-CONSUMING DESIRE

A welcome distraction presents itself in the form of newly arrived academic Vladimir Vladinski (*One Day*'s Leo Woodall), who is married to author Cynthia (*Silo*'s Jessica Henwick) and has a young child.

'My character falls into a deep obsession with Vladimir,' explains Weisz, adding that the attraction is not merely physical. 'He is kind, he listens, and he's courteous and thoughtful. He's also interested in her writing career, and asks her questions that other people don't. So she feels seen – and it's helpful that he is staggeringly handsome!'

Throughout the series, Weisz's character frequently breaks the fourth wall, *Fleabag*-style, to speak directly to the camera.

'Julia May Jonas, who wrote the novel *Vladimir* and adapted it into a screenplay, came up with the idea of having my character speak to the camera in personal asides, because the novel is a first-person narrative,' explains Weisz. 'When you read the novel, you have direct access to the character's thoughts. So the same

WORDS: IAN MACEWAN, GRACE MORRIS. PHOTOS: BBC, ITV, NETFLIX

‘He’s interested in her and asks questions... and he’s staggeringly handsome!’
RACHEL WEISZ

Obsessed M and Vladimir

thing happens in the series.’

She adds that the playful tone of the writing was also a major draw.

‘I’d read Julia’s novel prior to being offered the role, and her writing is so mischievous, truthful and slightly ridiculous,’ she says. ‘That’s what makes it funny, and it’s a good tonal cocktail for exploring some very serious subjects.’

As well as the intense chemistry between the two main characters, the series also homes in on sexual politics within the academic world they inhabit.

‘Everything gets very heightened in this kingdom,’ says Weisz, whose film credits include *The Favourite* and *The Constant Gardener*, for which she won the 2006 Academy Award for Best Supporting Actress. ‘It’s a liberal arts college, so there’s a lot of political awareness in the student body, and it’s a complicated environment for M to defend her husband in. So as well as exploring themes related to desire, obsession, sexuality and lust, *Vladimir* also delves into the world of on-campus gender politics and cancel culture.’

Vladimir and Cynthia (Jessica Henwick)

STORY OF THE WEEK

SOAP WEEK

This week’s soaps at a glance

Carla and Lisa find themselves at odds

CORONATION STREET

Carla and Lisa are stunned by an unexpected arrival!

» **They have faced** their fair share of obstacles throughout their relationship, with Carla and Lisa having to contend with Carla’s evil brother Rob breaking out of prison and Lisa’s wife coming back from the ‘dead’. But the drama is far from over when they find a baby left on their doorstep this week.

Detective Lisa dashes out to confront the woman hurrying away, only to discover that baby Connie is the lady’s grandchild and the daughter of Rob and his prison-guard ex Mandy, who helped with his jail escape last year. Connie’s parents are both banged up and the grandmother needs them to look after the tot while she goes into hospital. Carla refuses, but Lisa points out that Connie is her niece and she’ll end up in care if she doesn’t take her in.

Special delivery

It’s not long before Carla, Lisa, Ryan and Betsy are all bleary-eyed after being woken up early by Connie’s cries.

Meanwhile, Lisa thinks she’s made a breakthrough when she sees Carla bouncing Connie on her knee.

» **PLUS** Cassie’s surprise proposal is put on the back burner when boyfriend Steve finds out dad Jim has died, David and Shona watch the nurses prepare Harper for her operation, and Lily finds Jodie’s box containing the sinister souvenirs.

ALSO IN THE SOAPS THIS WEEK...

EASTENDERS

» Clare returns to see her adoptive dad Nigel as he prepares to go into a care home (above), Max goes to extreme lengths to help Linda, Ravi is shaken by some news, and Howie tries to win Kim back.

EMMERDALE

» Paddy is desperate to find Bear after his dad discharged himself from hospital (right), Joe plots to get his hands on Butlers, Jacob catches Sarah stealing his boss’ car, and Manpreet seeks the truth behind Laurel’s fall.

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Clark, Carol and Floyd

Kiss of DEATH

A love triangle has deadly consequences in a **darkly comic drama**

NEW DRAMA

DTF St Louis

Monday, 9pm, Sky Atlantic

David Harbour spent almost a decade battling creatures from the Upside Down in Netflix's *Stranger Things*. Now, after the hit fantasy drama came to end over the New Year, the American actor is taking on a very different role in his latest project.

Sky Atlantic's seven-part black comedy *DTF St Louis* tells the story of a middle-aged love triangle that ends in murder.

MIDLIFE CRISIS

'*Stranger Things* has been my life for the past couple of years,' says Emmy nominee Harbour, who played Hawkins chief of police Jim Hopper. '*DTF St Louis* feels much more grounded. It's just a guy going through middle-aged problems, as opposed to a character that has to kill a monster or save the world.'

In this week's opening episode, we meet TV weatherman Clark Forrest (*Ozark*'s Jason Bateman), a married father living in the Midwest city of St Louis who downloads a swingers app in the hope of spicing up his sex life.

Meanwhile, Clark's new colleague Floyd (Harbour), who works as a sign language interpreter for Clark's weather reports, is also dealing with a lack of spark in the bedroom with his wife Carol (*Dead to Me*'s Linda Cardellini).

Jason Bateman and David Harbour

'It's a very adult show about a very complicated person,' says Harbour, who is divorced from pop star Lily Allen. 'Floyd is a large man who's very self-conscious about how large he is. Before we started filming, the production team were like, "Let's have you start eating peanut butter." But I wanted to use prosthetics instead and the team created a prosthetic belly that moved with my body. It's really quite extraordinary what they can do nowadays.'

Floyd is eventually persuaded to download the app by Clark. However, he has no idea it will eventually lead to micro-celebrity Clark and Carol beginning an affair – with deadly consequences.

IN HOT WATER

Oscar nominee Richard Jenkins and *Wednesday* star Joy Sunday round out the cast as an odd-couple detective team determined to solve the mystery.

'Floyd, Clark and Carol are letting their passions come out after years of not really being able to live inside of them, hoping that there aren't real heavy consequences for that,' says writer and director Steven Conrad. 'But these infidelities, these flirtations, and these sharing of passions outside your marriage, they add up to a heavy toll.'

WORDS: SEAN MARLAND PHOTOS: SKY

LOOK WHO'S BACK...

A familiar face appearing in a new show this week

Ross Kemp

NEW

Ross Kemp: Lost Boys, Deadly Men

Mon, 9pm, Crime + Investigation (box set, Sky Box Sets & Virgin TV Box Sets)

As well as starring in *EastEnders* and *Ultimate Force*, Essex-born Ross Kemp has made a slew of documentaries, including *Ross Kemp on Gangs*, *Ross Kemp: The Fight Against ISIS* (inset) and, most recently, *Ross Kemp: Mafia and Britain*. He has also hosted BBC1 quiz show *Bridge of Lies* since 2022.

HIS NEW SHOW

In a five-part series that investigates murders carried out by young men who openly admitted to a hatred of women, Kemp, 61, looks at the 2021 case of crane operator Jake Davison, who shot his mum, Maxine, with a legally-owned gun at their home in Plymouth, Devon. He then went on a killing spree, murdering four others, including three-year-old Sophie Martyn and her father, Lee, before turning the gun on himself. The programme features Davison's father, Mark, who is still struggling for answers.

Ross Kemp

Piggy and Ralph (right)

Winston Sawyers plays Ralph

Fighting to survive

Can Ralph and Piggy hold out as Jack takes control?

Jonathan Ross reveals all about his intimate new reality show...

NEW REALITY

Handcuffed: Last Pair Standing

Monday & Tuesday, 9pm, C4

If the idea of being stuck in a room with someone you disagree with fills you with dread, spare a thought for the contestants of new six-part reality show *Handcuffed: Last Pair Standing*, who must spend 24 hours a day chained to their polar opposites. 'In a divided Britain, could walking a mile in someone else's shoes bring us a little closer together?' asks host

Chain reactions

WORDS: NICK CANNON, HANNAH DAVIES, NATASHA HOLT, STEVEN PERKINS. PHOTOS: BBC, C4, CRIME + INVESTIGATION, GETTY, SKY

LAST ONE **DRAMA**

Lord of the Flies

Sunday, 9pm, BBC1

The boys' primitive instincts take hold in this week's finale of *Lord of the Flies*, with horrifying consequences.

Following the death of Simon (Ike Talbut), the majority of the survivors have defected to the tribe of hunters led by Jack (Lox Pratt), leaving former leader Ralph (Winston Sawyers) with only right-hand man Piggy (David McKenna) and a handful of the 'little'uns' on his side.

And when Jack's followers stage a raid in the middle of the night, seizing Piggy's glasses so they can start their own fires, Ralph realises that his authority on the island is now gone.

STAYING STRONG

'Ralph loses friends and people in his camp,' says Sawyers. 'But he stays with the same agenda; he doesn't want to join the bad guys. Ralph is quite rooted in who he is, and what he believes in.'

Hoping to appeal to Jack's sense of fairness, Ralph and Piggy make their way to his camp to plead for the return of Piggy's glasses. However, their request is scoffed at – and events then take a devastating turn.

'Jack has his beliefs and ideology, and Ralph has different ones,' says Sawyers. 'They start as friends, but they realise that they're a threat to each other, for power – and at the end, they absolutely hate each other. But I think Jack hates Ralph more than Ralph hates Jack.'

DESCENT INTO CHAOS

With hedonistic Jack now in charge, the island erupts into anarchy and violence, leaving Ralph desperately fighting for survival. But just when it looks as though all hope is lost, the boys make a surprising discovery.

'At the end of the story, Ralph is traumatised, beaten and bruised,' reveals Sawyers. 'He's essentially just broken.'

Although this final instalment of the adaptation of William Golding's celebrated 1954 novel features some tense fighting scenes, Sawyers explains that the young stars took great care to film them safely.

'You rehearse until you really get the scene in your system,' he says. 'You don't use actual stones or wood spears, you use rubber ones that look like the real thing. They could still hurt, but we were obviously careful!'

Lox Pratt as Jack

Jonathan Ross. 'I'm hoping that by living together in such close proximity, they might just learn to get along.'

However, the nine pairings are designed to test the contestants' patience. For example, Tilly, 37, who works three jobs, finds herself coupled with 60-year-old millionaire Anthony, and Cockney former prison officer George, 60, is partnered with Sir Benjamin Slade, 79, the 7th Baronet of Maunsel, Somerset.

'Some people think if you speak a certain way and you have a certain job,you're below them,' says Tilly. 'Just because you're rich, it doesn't mean that you're wiser.'

The pairs will spend time in each other's homes before travelling across the UK, and must remain shackled at all times, even while going to the toilet. If they remove their handcuffs, they are out of the game, and the last pair standing will win the £100,000 prize – but it doesn't take long before some of the couples start to struggle.

'I can't deal with this whole toxic-masculinity thing,' says body-positivity advocate and feminist Jo, 39, who's been matched with self-confessed alpha male Reuben, 29. 'I just want him to treat me with respect.'

While some of the pairs are clearly having doubts, Ross, 65, believes he'd breeze through the experiment. 'I don't think there's anything about me that's remotely annoying,' he jokes. 'I think I would be the perfect person to be handcuffed to.'

The contestants with Ross (centre)

WHAT ELSE CAN I WATCH?

We search the TV schedules to uncover the shows you might have missed...

LIVE!

Crufts

From Thursday, times vary, C4 & More4

***The Traitors* host** and dog lover Claudia Winkleman (left) swaps Faithfuls for Fidos this week when she joins Clare Balding, Radzi Chinyanganya and Paralympic champion swimmer Ellie Simmonds as the world-famous dog show returns to the NEC for four days. Following the agility, flyball and cross-breed competitions, the event will culminate on Sun 8 March with the coveted Best in Show, won last time by a whippet from Italy called Miuccia.

Landscape Artist of the Year

Wednesday, 8pm & 9pm, Sky Arts

This year's contest ends with a double bill as the three remaining artists vie for victory by painting a feat of mechanical engineering, the Falkirk Wheel (right), the only rotating boat lift of its kind in the world. We then follow the winner as they travel to County Mayo and carry out their first-prize commission to paint Croagh Patrick, the Holy Mountain, for display in the National Gallery of Ireland.

LAST ONE

Classic Hits in the Piano Room

Saturday, 8.30pm (times vary), BBC2

Vernon Kay introduces a selection of the most memorable performances from the *Piano Room* series of intimate concerts over the past few years. Highlights include Coldplay (right) playing *Paradise*, Stormzy performing *Crown*, Mumford & Sons with *The Cave*, Macy Gray singing *I Try*, and 10cc's *I'm Not in Love*.

NEW

Silent Witness

Monday & Tuesday, 9pm, BBC1

As Season 29 of the forensics drama comes to an end, the Bowman team must navigate complex international tensions when Nikki (Emilia Fox, right), Jack, Harriet and Kit investigate the apparent suicide of a British-Chinese activist. When the case takes an unexpected turn, the death of another victim brings them closer to uncovering the truth – and Nikki finds herself in danger.

LAST ONE

NETFLIX

prime

BBC iPLAYER

Disney+

4

sky box sets

NOW

tv

Student sleuth

Hero Fiennes Tiffin plays Sherlock Holmes in his early years at the University of Oxford

Sherlock Holmes
Hero Fiennes Tiffin
The young sleuth begins the story in prison after being accused of pickpocketing, before he's rescued by his brother Mycroft.

Sir Bucephalus Hodge
Colin Firth
The professor has commissioned a new science building at the University of Oxford.

Silas Holmes
Joseph Fiennes
Sherlock's father sent him away to boarding school following the death of his sister Beatrice.

Mycroft Holmes
Max Irons
Sherlock's brother works for the Foreign Office and is in Oxford assisting Sir Bucephalus.

Cordelia Holmes
Natascha McElhone
Sherlock's mother is haunted by the death of her daughter Beatrice when she was young.

prime Young Sherlock

NEW *Available: Wednesday 4 March*
Genre: Drama Season: 1 Eps: 8

Guy Ritchie brought Sherlock Holmes to the big screen with two blockbuster films starring Robert Downey Jr and Jude Law, and now he returns to Arthur Conan Doyle's iconic character with a new series exploring the famous sleuth's origins.

Prime Video's action-packed eight-part drama is set in the 1870s and charts Sherlock's beginnings as the confident, charismatic and charmingly defiant youngster (Hero Fiennes Tiffin) heads off to the University of Oxford.

'I feel when you play the younger version of an established character, you've got to work backwards,' says Fiennes Tiffin. 'We wanted to explore what could have happened before Conan Doyle's works began and how Sherlock developed his ability to deduce and detect.'

TEAMING UP

Once at Oxford, Sherlock makes a connection with the equally brilliant James Moriarty (Dónal Finn), and becomes close friends with the man who will go on to become his arch-enemy.

'When we did our chemistry read, Dónal came in towards the end of the day, so I was getting a little tired and maybe not as focused as I should have been,' explains Fiennes Tiffin, 28. 'I remember he delivered the first couple of lines of the scene, and I thought, "Oh my God, if I don't wake up, he's going to make me look really bad!" because he's a sensational actor.'

Guy Ritchie on location

Sherlock's first case is to clear his own name when he is accused of stealing ancient scrolls belonging to Chinese princess Gulun Shou'an (Zine Tseng). When he is then also suspected of murdering a professor, the budding crime-fighter must battle to prove his innocence while uncovering a dark conspiracy that takes him far beyond Victorian England.

Fiennes Tiffin is the son of film-maker

James Moriarty
Dónal Finn
The Oxford student recognises the brilliance of his new friend Sherlock when he arrives at the university.

Princess Gulun Shou'an
Zine Tseng
The Chinese princess arrives in Oxford carrying scrolls from the fifth century that belong to her father.

Martha Fiennes and the nephew of Ralph Fiennes, with whom he starred in *Harry Potter and the Half-Blood Prince*. This time, he's joined on screen by another uncle, *The Handmaid's Tale* actor Joseph Fiennes, who portrays Sherlock's father, Silas.

Meanwhile, as a big fan of the 2009 movie *Sherlock Holmes* and its 2011 sequel, *A Game of Shadows*, Fiennes Tiffin was delighted to work with director Ritchie.

'Those movies are amazing,' he enthuses. 'I loved working with Guy, and it was fun to spend time with him developing scenes. I've learnt from him the importance of being happy to change things on the day, and what life that can bring to the project – things can start to feel a little bit stale if you don't do that.'

What we're watching...

The shows being enjoyed by the *TVSW* team

prime Memory of a Killer

Genre: Thriller Season: 1
Episodes: 10 (released weekly)

Grey's Anatomy's Patrick Dempsey is Angelo Flannery, a suburban photocopier salesman grieving the death of his wife – killed by a drunk driver – and a loving father to his married, pregnant daughter. But he is also Angelo Doyle, a ruthlessly efficient hitman working for his long-time friend Dutch (Michael Imperioli, pictured with Dempsey) in New York City. But when Angelo starts having memory issues (his brother already has advanced Alzheimer's), the professional killer's double life starts to unravel.

NETFLIX The Investigation of Lucy Letby

Genre: Documentary
Episodes: One-off

Police body-cam footage of Lucy Letby (right) being arrested features in the latest look at the case of the former nurse's conviction for killing seven babies and attempting to kill seven more.

Disney+ The Muppet Show

Genre: Entertainment
Episodes: One-off

Guest stars including singer Sabrina Carpenter (pictured), *Loot*'s Maya Rudolph and *The Studio*'s Seth Rogen (who's also executive producer) join Kermit, Miss Piggy and the gang for a fun-filled special.

Now in production...

Three upcoming shows to look out for soon

MGM+ The Institute

The second run of MGM+'s thriller, inspired by Stephen King's novel, will see Alfie Allen (above) join the cast as a tech billionaire who has invested in the sinister Institute. Meanwhile, Luke (Joe Freeman) and Tim (Ben Barnes) try to expose the facility's machinations.

prime The F**k It List

Alan Carr (above) will host Prime Video's four-part travelogue, in which he and fellow comics Jack Dee, Tom Allen and Joanne McNally try out a range of globetrotting bucket-list adventures in destinations including Iceland, the Canary Islands and the UK.

NETFLIX A Man on the Inside

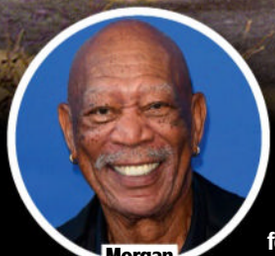
Netflix's comedic crime drama, starring Ted Danson (above) as retired professor turned sleuth Charles Nieuwendyk, will return for a third series, which will follow the now licensed private investigator as he tackles a new case.

WORDS: CAREN CLARK, JUDY EWENS, SEAN MARLAND. PHOTOS: © 2026 DISNEY & ITS RELATED ENTITIES, GETTY, NETFLIX, PRIME VIDEO, SHUTTERSTOCK, DAN SMITH

Visual effects re-create the Tyrannosaurus rex

A groundbreaking new series from **Steven Spielberg** brings dinosaurs back to life...

Dino might



Morgan Freeman

NETFLIX **The Dinosaurs**

NEW *Available:* Friday 6 March
Genre: Documentary
Season: 1 *Episodes:* 4

Oscar-winning actor Morgan Freeman narrates new Netflix series *The Dinosaurs*. From executive producer Steven Spielberg, it charts the rapid rise and meteoric fall of the prehistoric reptiles over 165 million years.

Using cutting-edge visual effects and animation, and filmed like a wildlife documentary, the world of the dinosaurs is brought to life across four episodes, featuring megastars like Tyrannosaurus rex, Triceratops, Allosaurus and Stegosaurus, alongside some extraordinary lesser-known species.

'This is the story of the dinosaurs as it has never been told before,' says Freeman, who narrated the 2023 Netflix series *Life on Our Planet*, which was also executive produced by *Jurassic Park* director Spielberg.

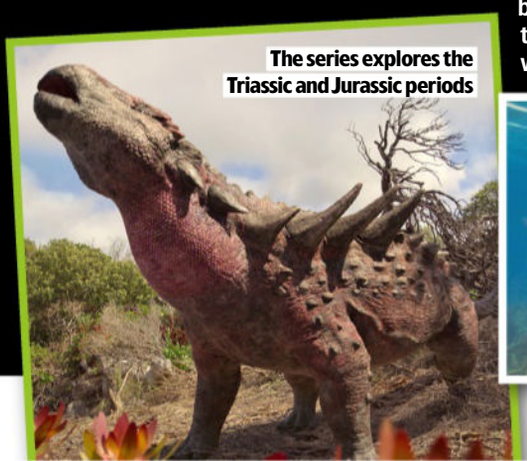
'It takes place in a world lost to time, millions and millions of years in the past, on a planet that looks nothing like it does today, where extraordinary beasts struggled to survive and where Earth's violent forces determined their fates.'

IN THE BEGINNING

The tale begins 235 million years ago on the supercontinent of Pangaea with the emergence of a pigeon-sized creature known as a Marasuchus, whose descendants became the dinosaurs.

'The Triassic era is the age of ancient reptiles, but Marasuchus had skills that set them apart, including the ability to stand on two legs, not just four,' explains Freeman, star of *Million Dollar Baby* and *The Shawshank Redemption*.

'They also had advanced lungs and lighter bones, adaptations that meant they were born to run.'



The series explores the Triassic and Jurassic periods

Later in the series, we move through the Triassic period to the Jurassic era, as dinosaurs evolved across millennia to become a force to be feared, dominating the land, sea and air, until a mass-extinction event 66 million years ago.

We also get to learn about some remarkable species, from the tiny Heterodontosaurus, which was the weight of a chihuahua and had an incredibly strong beak and jaw, to the Pachycephalosaurus, whose 4in-thick skulls were designed for headbutting, as well as leviathans from the sea and early feathered fliers like Anchiornis.

LEARNING FROM THE LEGACY

'Although the reign of the dinosaurs finally came to an end, today their fossils stand as monuments to a lost world and are the keys that unlock the secrets of the dinosaur story,' explains Freeman.

'Our understanding of their lives is now greater than ever, while some survive even to this day – the flying dinosaurs we now call birds. They're the last remaining link to a long-lost kingdom.'

Leviathans dominated the oceans

WORDS: CAREN CLARK, HANNAH DAVIES, REBECCA MAHONEY. PHOTOS: 5, C4, ITV, NETFLIX, SHUTTERSTOCK, SKY, CBS

81 (Alan Ritchson)

Robot WARS

Alan Ritchson battles a giant mechanical monster in a sci-fi action epic

81 faces the killing machine

NETFLIX War Machine

NEW *Available: Friday 6 March*
Genre: Sci-fi

***Reacher* star Alan Ritchson** faces a relentless, robotic nightmare in military sci-fi thriller *War Machine*, which fuses the hunting suspense of *Predator* with a Terminator-like killing machine.

From *The Hitman's Bodyguard* director Patrick Hughes, the film centres on a combat engineer known as 81 (Ritchson), who, like his fellow recruits, is only referred to as a number during the gruelling US Army Ranger selection process.

But while the exhausted-yet-elite squad struggle with sleep deprivation and a brutal training regime, the final 24 hours turns into a deadly battleground when they stumble across an other-worldly, deadly and laser-focussed machine in the wilderness. Who will make it out alive?

'I'm going to level with you, I'm the most tired I've ever been,' says Ritchson, 43, who also recently wrapped filming on *Reacher*'s fourth season. 'It's been a tough one, but there's something about the spirit of 81 that has captured me so much. He's a character that inspires us to be the best version of ourselves

'We've made something so intense that it'll be hard to do that thing where you scroll on one device and half-watch the other.'

DANGER ZONES

Ritchson fully immersed himself in demanding stuntwork during the shoot across Australia and New Zealand.

'Patrick found the most dangerous places on Earth – mountaintops, rapids, glacial waterfalls – and said, "Go on, jump in!"' he reveals. 'He also found the most dangerous Class V rapids in New Zealand, but I was ready to take a dip.'

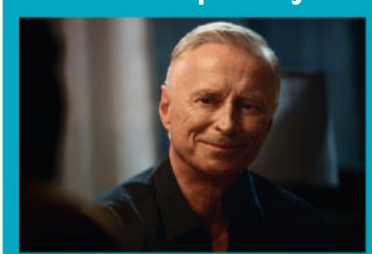
The cast includes Jai Courtney as 81's brother, while Stephan James, Keiynan Lonsdale and Daniel Webber play members of the Army squad. Esai Morales and Dennis Quaid also star as commanding officers.

'It's a big, traditional American action movie, with a villain who's kind of hard to describe,' says *Happy Face* star Quaid, 71. 'But the personality of this machine and the relentlessness of it will not leave you disappointed.

'I had a blast in Australia, too. I got to play the general and never got my uniform dirty, while Alan was up to his chest in mud. He's fantastic, and it's going to be wild to watch.'

EVERYONE'S TALKING ABOUT...

We point you towards the TV moments you won't want to miss on catch-up

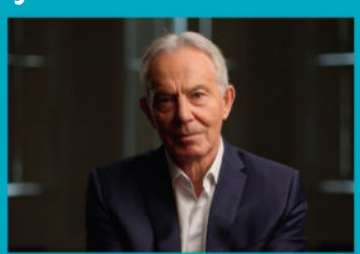


sky box sets NOW Watson

The second run of Sky Witness' contemporary spin on Arthur Conan Doyle's classic mysteries sees talented medic Dr Watson (Morris Chestnut) stunned when his pal Sherlock Holmes (Robert Carlyle, above) returns from the dead.

itvX Wonders of the Frozen South

On ITV1, Julia Bradbury heads towards Antarctica, starting in the Falklands, where she meets rockhopper penguins and reflects on climate change as she views what was once the world's largest iceberg.



4 The Tony Blair Story

In C4's docuseries, the ex-Prime Minister looks back at his decade in Downing Street, speaks about his battle to become the Labour leader in 1994 before his 1997 election victory, and talks about the Iraq War.

5 Alice Roberts: Our Hospital Through Time

The historian hosts 5's docuseries, which explores how London's St Bartholomew's Hospital has treated patients for 900 years, and learns how the Victorians had wipe-clean beds to fight disease.

DID HE DO IT?
GONE
DAVID MORRISSEY
EVE MYLES
itv
WATCH FROM
8th March

Pick of the new releases

The best new shows to enjoy this week on streaming services...

WWE Elimination Chamber
Sunday 1 March

WWE superstars compete against their bitter rivals inside the chain-linked steel structure of the Elimination Chamber at the United Centre, Chicago with title opportunities on the line. Showing live from 12m't.

The Actors Awards
Monday 2 March

Previously known as the Screen Actors Guild Awards, this year's event, presented by SAG-AFTRA, will again be hosted by *Nobody Wants This*' Kristen Bell. Harrison Ford will be presented with a Life Achievement Award, while among this year's nominees are *Paradise*'s Sterling K Brown, *Slow Horses*' Gary Oldman and the late Catherine O'Hara for *The Studio*. Showing live from 1am.

Gabby's Dollhouse
Monday 2 March

The 13th season of the pre-school animation featuring the adventures of kitty-loving Gabby and her adorable sidekick Pandy Paws.

Marshals: A Yellowstone Story
Monday 2 March

In the latest spin-off from the *Yellowstone* franchise, Luke Grimes reprises his role as Kayce Dutton, who combines his skills as a cowboy and a one-time Navy SEAL to bring justice to Montana, where he and his fellow US Marshals are the last line of defence in the region's war on violence. See feature, page 4.

Bruce Bruce: I Ain't Playin'
Tuesday 3 March

Stand-up special in which American comedian Bruce Bruce riffs on family, fame and the real definition of foreplay.

Blue Therapy
Wednesday 4 March

British reality series. Seven couples facing major problems in their relationships, including infidelity and financial insecurity, take part in therapy sessions in order to resolve their issues or, alternatively, possibly break up.

Street Flow 3
Wednesday 4 March

In the final chapter of the gritty French drama trilogy, the Traoré brothers, grieving and facing the consequences of their crimes, get one last chance to forge a new path.

Young Sherlock
Wednesday 4 March

Director Guy Ritchie's action adventure series explores the origin story of Arthur Conan Doyle's great detective. Sherlock Holmes (Hero Fiennes Tiffin) is an unruly student at Oxford University in the 1870s when he uncovers a global-level conspiracy. Joseph Fiennes (Hero's real-life uncle) plays Sherlock's father and Max Irons is his brother Mycroft. See feature, page 14.

NCIS: Origins
Wednesday 4 March

Part two of the second season of the *NCIS* prequel opens with the team discovering that Special Agent Leroy Jethro Gibbs (Austin Stowell) got drunk in Las Vegas and married Diane Sterling (Kathleen Kenny). They also investigate a movie theatre bombing.

NCIS: Sydney
Wednesday 4 March

Part two of the third season of the *NCIS* Australian spin-off sees the team go to an Antarctic research base to find out why a climate scientist killed a colleague. But they must be quick because they will be trapped there for six months if they don't make it out before their plane's engine freezes.

The Eclipse
Friday 6 March

French crime drama from Walter Presents. While the French village of Bozouls prepares to celebrate the upcoming eclipse, a 17-year-old boy accidentally shoots his girlfriend. As local police officers Johanna (Claire Keim) and Manue (Anne Charrier) investigate, they unearth dark family secrets that threaten to tear their lives apart

Vladimir
Thursday 5 March

Comedy drama. When a passionate English professor (*The Favourite*'s Rachel Weisz) becomes obsessed with a new, younger colleague, Vladimir (*One Day*'s Leo Woodall), her career and her already complicated marriage are thrown into chaos. With *Mad Men*'s John Slattery. See feature, page 8.

The Dinosaurs
Friday 6 March

Epic docuseries produced by Steven Spielberg and narrated by Morgan Freeman charting the story of the rise and fall of the dinosaurs: where they came from, why they mattered, how they evolved and how they met their ultimate fate. See feature, page 16.

Friends Like These: The Murder of Skylar Neese
Friday 6 March

True-crime docuseries about 16-year-old Skylar Neese who went missing from her home in a small West Virginian town in 2012. As the search for answers intensified, attention turned towards Skylar's best friends – uncovering a web of secrets and betrayal.

The TikTok Killer
Friday 6 March

Spanish true-crime docuseries about a family's search for the truth after 42-year-old Esther Estepa vanished while travelling around Spain in 2023. Shortly before her disappearance, she had crossed paths with a popular TikTok star.

War Machine
Friday 6 March

Sci-fi action movie. During the final stage of US Army Ranger selection, an elite team's training exercise turns into a fight for survival against an unimaginable threat. Starring *Reacher*'s Alan Ritchson, Dennis Quaid and Jai Courtney. See feature, page 17.

The Girl Who Survived: The Alina Thompson Story
Friday 6 March

Thriller based on a true story. Fifteen-year-old aspiring model Alina Thompson (Brielle Robillard) attends a casting call photoshoot in 1980s Los Angeles, where she meets photographer William Bradford (Steve Byers). But he's a serial killer who lures his victims to secluded places on the pretext of taking more pictures of them.

Siren's Kiss
Monday 2 March

Korean romantic thriller. A top investigator (*Squid Game*'s Wi Ha-joon) starts digging into a life insurance fraud linked to a series of mysterious deaths, only to become entangled with the woman (Park Min-young) who is suspected of being at the centre of it all.

WORDS: JUDY EWENS. PHOTOS: C4, PRIME VIDEO

Documentaries

HAUNTED by history?

Bailey visits the My Son Sanctuary

Comedian **Bill Bailey** explores Vietnam over 50 years after the war

NEW TRAVELOGUE

Bill Bailey's Vietnam

Saturday, 9.15pm, C4

Bill Bailey brings his deadpan presenting style to his latest travelogue, which sees him uncover how Vietnam is rapidly changing in a globalised world, while also dealing with its turbulent past.

Bailey explores the country over 50 years since the end of the Vietnam War, visits the UNESCO World Heritage town of Hoi An, the bustling Ho Chi Minh City and the border with China.

Here, Bailey, 61, reveals more…

Why did Vietnam make it on to your travelogue bucket list? I'd been to Vietnam before, but as part of a comedy tour, so I didn't really explore. I thought this would be a great opportunity to see the rest of the country, particularly at a time when Vietnam is reflecting on over 50 years since the end of the war.

What did you learn about how the country is dealing with the past? I didn't want the war to dominate this series, but you also can't ignore it. I met an ex-Vietnamese intelligence officer and he had this wonderful rationale – we accept what happened and we move on. What's incredible about the Vietnamese is that they haven't let the war define them as a nation.

What surprised you most? Travelling up north near the Chinese border where the traditional hill tribes live. That was a real eye-opener. I wasn't aware that Vietnam has such an array of different ethnicities. I think there are something like 54 different ethnic groups in Vietnam.

Were there any filming challenges? Just crossing the road! What I realised was if you twirl an umbrella quite aggressively, then the traffic flows around you. If nothing else, they think, 'Look at that nutter, I'm going to give him a wide berth.' Also, I had a bat fly in my face in the Cu Chi Tunnels. That was a moment!

You enjoy meeting people, but was there an encounter that stood out for you? I got my fortune told by this kind of priest. I wasn't expecting a medical diagnosis, but he told me he thought I had a problem with my small intestine. He said, 'It will happen in October.' It was very specific. I didn't get checked out, but I definitely found myself living day-to-day until the end of the month.

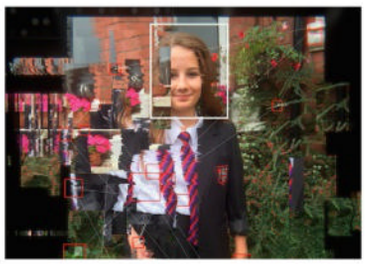
Trying pottery with the locals

WORDS: HANNAH DAVIES, TESS LAMACRAFT, JAN MACEWAN. PHOTOS: 5, ALAMY, BBC, C4, U&DAVE

AI Confidential with Hannah Fry

Monday, 9pm, BBC2

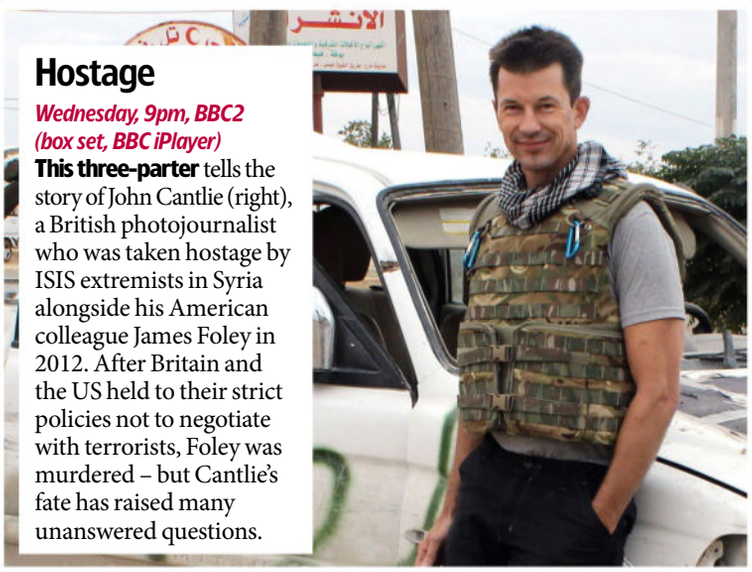
With driverless taxis coming to the UK, Hannah Fry (above) investigates the safety of self-driving cars as she looks into the case of Florida woman Naibel Benavides, who was killed in 2019 by a Tesla on autopilot. After flaws were found in the software, what is the implication for the future of AI-driven cars?



Molly Vs the Machines

Thursday, 9pm, C4

This documentary considers the case of British schoolgirl Molly Russell (above), who took her own life at 14 after viewing online content promoting self-harm and suicide. Made in collaboration with her family and friends, the film follows her father's fight for regulation against big tech companies and their algorithms.



Hostage

Wednesday, 9pm, BBC2 (box set, BBC iPlayer)

This three-parter tells the story of John Cantlie (right), a British photojournalist who was taken hostage by ISIS extremists in Syria alongside his American colleague James Foley in 2012. After Britain and the US held to their strict policies not to negotiate with terrorists, Foley was murdered – but Cantlie's fate has raised many unanswered questions.

Stonehenge: Secrets of the New Stone

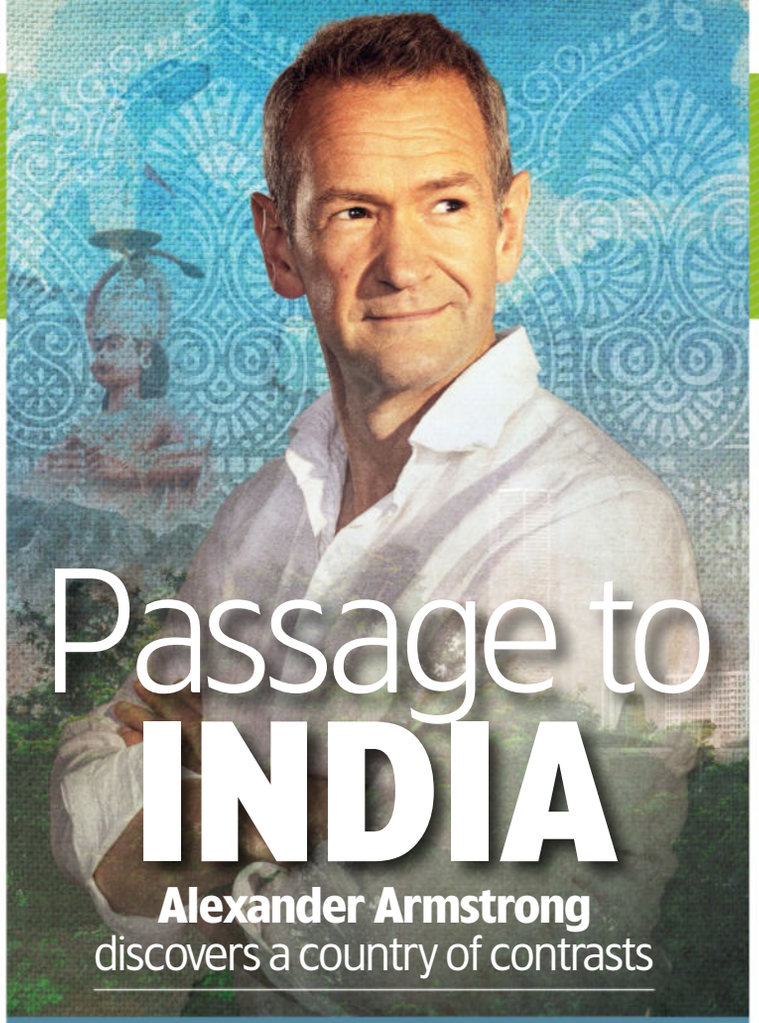
Tuesday, 9pm, 5

At Stonehenge, the 4,500-year-old megalithic stone circle in Wiltshire, the Altar Stone – a six-tonne slab and the only stone to lie on its side – has long baffled archaeologists. Actor Jason Watkins and historian Tracy Borman (both above) investigate the stone's origins, including how it was transported from Scotland.

Will & Ralf Should Know Better

Monday, 9pm, U&Dave

This week's challenges for pals Ralf Little and Will Mellor (both above) on their adventurous travelogue include tucking into an all-you-can-eat pancake contest, taking a trip down memory lane to relive unhappy memories of schooldays, and going on an uphill tandem-cycling outing at Cheddar Gorge.



Passage to INDIA

Alexander Armstrong discovers a country of contrasts

NEW TRAVELOGUE

Alexander Armstrong in India

Thursday, 8pm, 5

Bill Bailey isn't the only celebrity packing his bags this week. *Pointless* host Alexander Armstrong also heads to Asia, where the sprawling cities of Delhi, Jaipur, Bengaluru and Mumbai are all on the itinerary as he explores India in his latest three-part travelogue.

Boasting the world's largest population of 1.4 billion, India has changed hugely since Armstrong first visited 35 years ago.

'To witness India's emergence as a global superpower is incredibly exciting,' says Armstrong, who begins in the crowded city of Mumbai.

'It's mind-blowing. Mumbai is home to some of the most expensive real estate in the world, including a 27-storey building where the billionaire Ambani family lives. They have 12 floors just for their cars!

'You see these eye-wateringly expensive developments cheek by jowl with teetering old slums, where close-knit communities have lived in poverty for centuries.'

He later explores neighbouring Dharavi before doing a shift alongside the city's legendary dabbawalas, who deliver home-cooked food to office workers.

'The biggest slum in Dharavi has an open sewer running through the middle,' says Armstrong. 'You see big rats. But as we become increasingly removed from interaction with each other and spend more time on devices, Dharavi feels like the antidote. It's a triumph of humanity, and as warm and friendly a place as I've ever been.'

Dabbawalas at work in Mumbai

Other highlights include Jaipur, named the 'pink city' because of its beautifully painted buildings, and an encounter with elephants in Bandipur National Park.

'Last time I went to India, I sweated under the weight of an enormous backpack,' smiles Armstrong, who turns 56 on 2 March. 'I enjoyed the country then, but I adored it this time.'

Films Our pick of this

MOVIE OF THE WEEK

MARTY SUPREME

Timothée Chalamet is incredible in this tale of obsession and determination

COMEDY DRAMA

Available now, buy or rent from digital stores, including Prime Video and Sky Store ★★★★★

A kinetic, exhausting, brilliantly crafted blast of a movie that somehow gets you rooting for its impulsive, reckless and, at times, supremely unlikeable lead character – 1950s wannabe table tennis champ Marty Mauser – thanks to Timothée Chalamet's tour-de-force performance. 'Inspired by' real-life US table tennis legend Marty Reisman, Chalamet's Marty is a blue-collar New York hustler with 'a purpose' which he will sacrifice literally anything to achieve.

Director and co-writer Josh Safdie creates a wholly fictional account of Marty's messy and chaotic route to a final reckoning against Koto Kawaguchi's Japanese champion Endo. The escalating series of misadventures – as Marty struggles against the odds to get the money to compete – includes a self-serving fling with an ageing movie icon (Gwyneth Paltrow), domestic shenanigans with his pregnant and married girlfriend (Odessa A'zion) and his friendship/rivalry with a Holocaust survivor-cum-table tennis mentor (Géza Röhrig).

The sport is depicted with the same relentless high-stakes energy that drives the whole movie, and the score and cinematography are sublime but this is a film you will find both exhilarating and exhausting with a protagonist you can't help but both love and hate.

Unique, unsettling and wildly entertaining in equal measure, prepare to be worn-out when the final credits roll.

2025, 15, 150MIN

STAR RATINGS ★★★★★ **Excellent** ★★★★ **Very good** ★★★ **Good** ★★ **Average** ★ **Poor**

WORDS: JASON BEST, NIGEL PIZEY PICTURES: ALAMY

More premieres and Day by Day planner >>>

week's Best Movies

SPORTS BIOPIC

Saipan

Available now, buy or rent from digital stores, including Prime Video and Sky Store ★★★

The rancorous feud between Irish football captain Roy Keane (Éanna Hardwicke) and team manager Mick McCarthy (Steve Coogan), which scuppered Ireland's chances of making an impact at the 2002 World Cup, becomes a tragi-comic soap opera in this amusing tale. The team has no sooner arrived at its training base on the Western Pacific island of Saipan than single-minded Keane is at loggerheads with out-of-his-depth McCarthy, unhappy with everything from the poor catering and dodgy sporting facilities to the lack of commitment from his laidback teammates. *Saipan* is too clearly on Keane's side to get the most dramatic impact from the situation, but Hardwicke's portrayal of slow-boiling fury is a sight to see. From Friday 27 Feb. 2025, 15, 90MIN

Sweating it: Steve and Éanna

FANTASY COMEDY

The American Society of Magical Negroes

From Saturday, Netflix ★★★★

Awkward young black man Justice Smith is brought into a secret society by David Alan Grier and given magical powers... to make white people's lives that much easier. But as he takes on client Drew Tarver, he realises his mission is to help him win the girl Smith has just fallen for himself, co-worker An-Li Bogan... This sly, elegant satire by writer-director Kobi Libii takes a fresh approach to questions of racism and flips them on their head – the American Society of Magical Negroes exists purely to ensure white folks aren't threatened by their black counterparts and so helping the black population thrive – and does a smart job of showing that humility is not all it's cracked up to be. Smith, as ever, is a fine lead, and his burgeoning relationship with Bogan is sweetly done, but wisely doesn't override the movie's key message. 2024, 12, 104MIN

Helping hand: Justice and David

Group confusion: Vahid (right) and co

WORLD CINEMA

It Was Just an Accident

From Friday, Mubi ★★★★★

Winning the Palme d'Or at Cannes last year, the latest film by celebrated Iranian film-maker Jafar Panahi sees mechanic Vahid Mobasseri convinced he has found the man who sadistically tortured him while in jail. But because he isn't 100% sure, he rounds up other ex-prisoners to confirm the man's identity. Although the core of the movie is deadly serious, the film also brings in the outrageously funny way that bribery is endemic in Iranian society – from security guards to nurses. There may be outrage here, but ultimately it's the humanity Panahi mines that shines through. Subtitled. 2025, 12, 103MIN

ACTION COMEDY

The Fall Guy

From Thursday, Netflix ★★★★

Ace stunt performer Ryan Gosling is the double for A-lister Aaron Taylor-Johnson and is having a bit of a thing with Emily Blunt's camera operator. But an accident changes everything and, 18 months later, he's eking out a living – until he's called to a shoot in Australia. Blunt is director, and none-too-happy to see him, Taylor-Johnson is missing and Gosling has to play sleuth. Director David Leitch's film is a snappy, sharp, sexy screwball romance, with sparking chemistry between Gosling and Blunt, great action and fab support from Taylor-Johnson, Hannah Waddingham and Winston Duke. 2023, 12, 126MIN

They're a blast: Ryan and Emily

Films

Laying of hands: Jonah

MYSTERY CHILLER

Bring Her Back

Saturday, 10.20pm, Sky Premiere ★★★★

Australian film-making siblings Danny and Michael Philippou terrified the film world with their break-out hit *Talk to Me*, and for their follow-up they add trauma to an already heady mix. After the sudden death of their dad, Billy Barratt and his partially sighted tween stepsister Sora Wong are taken into foster care by ex-therapist Sally Hawkins, whose own child recently passed away.

In her house there's another foster child, the eerie, near catatonic Jonah Wren Phillips... With Hawkins' overly cheerful demeanour occasionally slipping, we sense that something is very wrong, especially as she attempts to create conflict between Barratt and Wong. But why?

A chilling, genuinely creepy atmosphere builds and pervades the movie, but is accompanied by a deep well of sadness, as grief and despair also play a pivotal part. At its heart is a sensational performance by Hawkins as a desperate woman who will stop at nothing to achieve her terrible goals. Although more measured and less ostentatious than their first film, *Bring Her Back* is still a horror movie, and the Philippou boys deliver some squirm-inducing shocks right up until the devastating finale. 2025, 18, 104MIN

Hidden gems Great movies you might have missed...

BIOPIC

At Eternity's Gate

Prime Video ★★★★

With his gaunt cheekbones and intense gaze, Willem Dafoe certainly looks the part as Vincent van Gogh in this vivid, impressionistic drama about the tragic artist's final days. He does an excellent job, too, of capturing van Gogh's tormented spirit. And he gets fine support from Rupert Friend as van Gogh's loyal brother Theo, Oscar Isaac as fellow painter and testy friend Paul Gauguin, and Mads Mikkelsen as a chiding priest. 2018, 12, 111MIN

THRILLER

The Good Nurse

Netflix ★★★★

Jessica Chastain and Eddie Redmayne star in this superb true-crime tale that blends slow-burn thrills with social commentary. Set in 2003, it casts Redmayne as Charlie Cullen, a new ICU nurse at Parkland Memorial in Pennsylvania. Already working there is Chastain's Amy and the two quickly bond. Yet when a 77-year-old woman dies in suspicious circumstances, Amy begins to feel her colleague isn't quite the saintly medic she first believed... 2022, 15, 121MIN

DRAMA

Leaving Las Vegas

STUDIOCANAL Presents ★★★★

Nicolas Cage won an Oscar for his searing performance as an unrepentant alcoholic who, fired from his job, heads for the gambling city where he plans to drink himself to death. There, he pairs up with prostitute Elisabeth Shue who's on the run from her pimp... This gruelling descent into the abyss of human despair isn't exactly happy viewing but it's truly gripping stuff. And the two leads are nothing short of sensational. 1995, 18, 112MIN

Saturday 28 February

FANTASY HORROR

The Last Voyage of the Demeter

Starts today, Netflix ★★★

Sex ●●● Violence ●●● Language ●●●

A good old-fashioned supernatural horror film, this expands upon a small section of Bram Stoker's classic *Dracula* that recounts the vampire's journey from Romania to England, hidden in earth-filled crates. Even though we know the outcome from the get-go, the movie makes for fun, bloody entertainment as we follow what occurs on the *Demeter* through the eyes of the ship's doctor (Corey Hawkins). It's essentially a B-movie on steroids, but a fine cast, including Liam Cunningham as the captain, David Dastmalchian and Aisling Franciosi, steer this stormy, sea-spattered adventure to its unavoidable conclusion. 2023, 15, 118MIN

Sinking feeling: Corey and Liam

CHILLER

Presence

6am & 12.55pm, Sky Horror Hits ★★★★

Sex ●●● Violence ●●● Language ●●●

Director Steven Soderbergh's family drama-cum-chiller is both a technical achievement and an engrossing chiller, told entirely from the point-of-view of the entity. A 'presence' silently watches as a family, cold Lucy Liu, pensive Chris Sullivan and their teen kids Callina Liang and Eddy Maday, move into their house. It hones in on Liang, the only one who can even sense it, but why? As the mystery unfolds, we witness a family in crisis, but when events come to a head they are positively nerve-shredding. 2024, 15, 84MIN

ANIMATION

The Simpsons Movie

12.25pm, C4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

This big-screen outing for the TV cartoon family is an inspired, non-stop riot of visual and verbal gags – not to mention the dozens of blink-and-you'll-miss-them throwaway gags hovering at the edges of the screen. The plot is deliciously daft – Homer (voiced by Dan Castellaneta) adopts a pig and thus sets into motion an environmental disaster that ends up with Springfield being quarantined under a big dome and the family fleeing to Alaska – but is really just the basis for a glorious spoof of American life and politics. 2007, PG, 87MIN

LEGAL DRAMA

Juror #2

3.40pm, Sky Thriller ★★★★

Sex ●●● Violence ●●● Language ●●●

A jury is certain a man (Gabriel Basso) accused of murdering his girlfriend after a rowdy quarrel in a roadside bar is guilty. Except for Nicholas Hoult. Why his juror is holding out in this seemingly open-and-shut case slowly becomes clear in Clint Eastwood's 40th film as director, which tells its story in an unfussy but gripping way, twisting and turning as it cleverly explores Hoult's ethical tangles. His everyman hero is excellent, and he gets superb support from Toni Collette as the prosecutor and JK Simmons as a retired detective and fellow juror. 2024, 12, 114MIN

ANIMATION

Dog Man

5.35pm, Sky Animation ★★★★

Sex ●●● Violence ●●● Language ●●●

With its inventive, frenetic style, non-stop gags and all-round silliness, this animation is a delight. When a smart police dog's head is put on top of his cop buddy's body, he becomes a supercop (his barks voiced by director Peter Hastings), nabbing bad puss villain Petey (Pete Davidson). So the cunning cat clones himself to share the criminal load, with unexpected results. Not just for the kids, this has enough cheek and humour to delight the whole family. 2025, PG, 89MIN

■ Full listings start on p35

Sunday 1 March

THRILLER

The Surfer

6am, Sky Thriller ★★★★

Sex ●●● Violence ●●● Language ●●●

Taking his son (Finn Little) surfing to the Australian beach where he grew up, Nicolas Cage encounters hostile locals, led by Julian McMahon, who humiliate him and order him off of their territory. And so begins a cycle of insanity that descends upon Cage – bit by bit – as he starts to lose everything, including his mind. Beautifully directed by Lorcan Finnegan in shimmering gold and burnt umber, this is a tense, sweaty and brilliantly claustrophobic movie. A deranged Cage is always worth the price of admission and he dominates proceedings magnificently, but McMahon's wildly OTT take on toxic masculinity is also sight to see. 2024, 15, 99MIN

Having a blast: Nicolas

CLASSIC WHODUNNIT

The Lady Vanishes

12.10pm, BBC2 (not WIs) ★★★★★

Sex ●●● Violence ●●● Language ●●●

Comedy and suspense come in equal measures in this well-oiled Alfred Hitchcock thriller set aboard the Transcontinental Express train. Dame May Whitty is the little old lady who goes missing while travelling through Switzerland, Margaret Lockwood is the passenger whose curiosity gets the better of her, Michael Redgrave helps her uncover a spy plot, Basil Radford and Naunton Wayne are excellent value as the cricket-obsessed Brits Charters and Caldicott, and a nun in high heels is one of the vital clues to things not being quite right. 1938, U, 98MIN

SUPERHERO

Spider-Man 2

3.35pm, BBC1 (2.35pm BBC2 Wales) ★★★★

Sex ●●● Violence ●●● Language ●●●

This second outing for Tobey Maguire as the webslinging superhero is the best of his three *Spider-Man* films, with precisely the right measures of action, comedy and romance. While alter-ego Peter Parker struggles to come to terms with his superpowers and resolve his relationship with Mary Jane (Kirsten Dunst), there's a sensational new monster for Spider-Man to grapple with – Alfred Molina's Doc Ock, a genius physicist gone bad who, with the help of four tentacle-like robotic arms, terrorises New York. 2004, PG, 127MIN

PERIOD COMEDY

Emma

5.05pm, BBC2 (not Wales) ★★★★

Sex ●●● Violence ●●● Language ●●●

Anya Taylor-Joy plays Jane Austen's misguided Emma Woodhouse in this terrific adaptation. Director Autumn de Wilde and writer Eleanor Catton have been eminently faithful to their source, retaining all Austen's needle-sharp irony while the sumptuous costumes and settings tick all the period boxes. Taylor-Joy's heiress meddles in the romantic lives of her friends – including her orphaned protégé Harriet Smith (Mia Goth) – but is blind to her own heart's affections. Can her wise friend Mr Knightley (Johnny Flynn) set her straight..? 2020, U, 125MIN

THRILLER

Captain Phillips

8pm, Sky Thriller ★★★★★

Sex ●●● Violence ●●● Language ●●●

Director Paul Greengrass ramps up the suspense in this shattering thriller about the hijacking of the American container ship *Maersk Alabama* by Somali pirates in 2009. At the story's heart are two men from very different worlds, the ship's veteran captain, Richard Phillips (outstandingly played by Tom Hanks), and Muse (Oscar-nominated Barkhad Abdi), the desperate young Somali leading the four-man pirate crew, whose battle of wits unfolds with heart-stopping tension. 2013, 12, 134MIN

■ Full listings start on p45

Weekday movies over page

Films Weekday movies

Monday 2 March

COMEDY HORROR

The Menu

9pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Taking gleeful aim at the entitled awfulness of the super-rich, this riveting, pitch-black comedy sees a select group arrive on a private island for celebrity chef Ralph Fiennes' $1,250-a-head tasting menu. Among them are pretentious foodie Nicholas Hoult, his unimpressed date Anya Taylor-Joy, egotistical restaurant critic Janet McTeer and fading film star John Leguizamo. Initially serving up big helpings of comedy, the movie becomes deliciously sinister as each elaborately fussy course progresses. 2022, 15, 107MIN

Making a meal of it: Ralph

ACTION THRILLER

The Long Kiss Goodnight

11.50am, Sky Action ★★★

Sex ●●● Violence ●●● Language ●●●

Suburban mother Geena Davis suddenly starts having flashbacks that suggest a violent past and, with the help of private eye Samuel L Jackson, discovers that she was once a government assassin. Unfortunately, her ex-colleagues want to terminate her, so she arms herself and fights back... An implausible but entertaining thriller, which doesn't take itself too seriously. 1996, 18, 120MIN

ACTION

Mad Max

6.20pm, Sky Greats ★★★★★

Sex ●●● Violence ●●● Language ●●●

With its astounding car chases and crazy stunts this heart-pounding Australian film, directed with panache by George Miller, appeared out of nowhere in 1979 and took the world by storm. Mel Gibson has his most iconic role as vengeful cop Max Rockatansky, on the warpath in a post-apocalyptic Outback after biker gangs mow down his wife and child. His portrayal was a key pit-stop for him on the road to international superstardom. 1979, 15, 93MIN

THRILLER

The Bank Job

9pm, Legend ★★★

Sex ●●● Violence ●●● Language ●●●

Jason Statham gets a great role in this engrossing British heist thriller set in the 1970s, playing a dodgy car dealer who's convinced by his ex-girlfriend (Saffron Burrows) that a bank in London's Baker Street will be easy pickings for him and his inept gang. The screenplay starts off as a lighthearted caper and then gradually grows darker as Statham and his cronies realise that they have bitten off more than they can chew. 2008, 15, 111MIN

DRAMA

Official Secrets

12m't, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

Duty versus loyalty is the crisis facing intelligence specialist Katherine Gun (Keira Knightley) in this gripping real-life thriller. It's 2003, the eve of the Iraq War, and at GCHQ Gun sees evidence that the US is asking the UK to spy on UN Security Council members to help swing the vote to sanction war. Should she turn whistleblower? It's a tense, compelling watch finding out. 2019, 15, 112MIN

■ Full listings start on p55

Tuesday 3 March

DRAMA

Falling Down

11.50pm, Sky Greats ★★★★

Sex ●●● Violence ●●● Language ●●●

Stuck in a traffic jam, Michael Douglas finds life in LA suddenly too much for him and he impulsively abandons his car and heads off on foot. It's an excellent opening sequence and director Joel Schumacher's potent drama remains gripping as Douglas begins by asking for change in a shop and ends up wielding a bazooka on a trail of destruction across the city. Douglas is excellent, as is Robert Duvall (who died last month) as the thoughtful, caring about-to-retire cop on the case. 1993, 18, 115MIN

Shattered: Michael

THRILLER

The Firm

8.25am & 1.45am, Sky Greats ★★★★

Sex ●●● Violence ●●● Language ●●●

Tom Cruise thinks he's landed a dream job with a high-powered Memphis law practice but soon realises that the ideal facade hides sundry murderous secrets. Building the tension brilliantly for a nail-shredding final 30 minutes, director Sydney Pollack turns John Grisham's bestseller into a slick, stylish showcase for its star. But it's Gene Hackman, as Cruise's boss, who steals the film. 1993, 15, 155MIN

COMEDY

This Is Spinal Tap

11.35am, Sky Cinema Comedy ★★★★★

Sex ●●● Violence ●●● Language ●●●

This is a pitch-perfect mockumentary about a British heavy rock band on a disastrous American tour. Christopher Guest is the lead guitarist whose amplifier's volume goes up to 11, Michael McKean is his feuding sidekick and director Rob Reiner plays the film-maker following the group. Everyone has their favourite scene, although the Stonehenge set piece is hard to beat. 1983, 15, 83MIN

ANIMATION

Corpse Bride

4pm, Sky Animation ★★★★★

Sex ●●● Violence ●●● Language ●●●

Tim Burton and Mike Johnson's stop-motion animation is a gleaming, beautifully made romp to enchant adults and kids alike. Young Victor (voiced by Johnny Depp) arrives for an arranged 19th-century wedding to Victoria (Emily Watson). But he puts his ring on a crooked twig that turns out to be the finger of a deceased bride (Helena Bonham Carter), who whisks him off to the land of the dead. 2005, PG, 77MIN

GANGSTER CLASSIC

Scarface

9pm, Legend ★★★★★

Sex ●●● Violence ●●● Language ●●●

Violent beyond belief and famously profane, this explosive reworking of the 1932 Paul Muni film, written by Oliver Stone and directed by Brian De Palma, boasts an iconic, inspired performance by Al Pacino, as well as some unforgettable set-pieces. Pacino is Cuban Tony Montana, who is deported to the US in 1980 and kills his way to the top of the drug trade. 1993, 18, 115MIN

■ Full listings start on p65

Wednesday

HORROR

28 Years Later

9.45pm, Sky Horror Hits ★★★★

Sex ●●● Violence ●●● Language ●●●

Almost 25 years after his classic *28 Days Later*, director Danny Boyle and writer Alex Garland reunite to deliver a brilliant sequel (ignoring the inferior *28 Weeks Later*). A boy (impressive Alfie Williams) lives in feudal

All the rage: Aaron and Alfie

COMEDY

Bookworm

6.40am, Sky Family ★★★★

Sex ●●● Violence ●●● Language ●●●

This quirky comedy from New Zealand stars Nell Fisher (excellent) as a precocious kid who meets her American illusionist dad (Elijah Wood) for the first time after her mum ends up in hospital. The pair try to connect with a camping expedition, in which they end up in all manner of scrapes while Fisher is determined to video a mythic black panther. The result is terrific fun, full of sardonic wit and glorious scenery. 2024, 12, 103MIN

SCI-FI COMEDY

Mars Attacks!

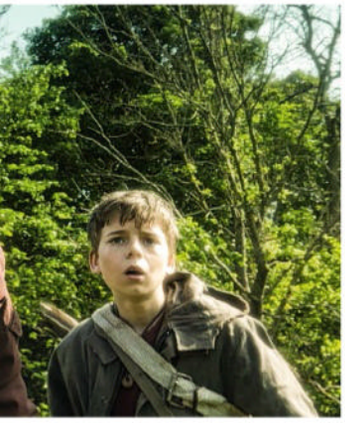
8.40am & 4.10pm, Sky Greats ★★★★

Sex ●●● Violence ●●● Language ●●●

Director Tim Burton's gleeful spoof of low-budget 1950s monster movies was inspired by a series of bubble gum trading cards. The deliberately tacky design is a hoot and so is Jack Nicholson as the US president and a Las Vegas tycoon. Glenn Close, Annette Bening and even Tom Jones are also involved as the little green men 'come in peace' in their flying saucers, but soon start zapping Earthlings. 1996, 12, 106MIN

4 March

isolation on an island community off the north-east coast with his steely dad (Aaron Taylor-Johnson) and ailing mum (Jodie Comer). But could a fabled mainland doctor (Ralph Fiennes) help her? Delivering heart-stopping scenes of action and suspense and richly resonant themes and ideas, this is an engrossing, visceral watch. 2025, 15, 115MIN



COMEDY DRAMA

The Good Half

8.45am, Sky Drama ★★★

Sex ●●● Violence ●●● Language ●●●

Unable to cope with the death of his mother (Elisabeth Shue), Nick Jonas' Renn is in almost complete denial about the loss. Travelling back to Cleveland, he meets quirky Zoey (Alexandra Shipp), who helps keep him afloat during the funeral process. A perceptive, amusing and heartfelt take on grieving and loss with a fine turn from Jonas, as well as from Brittany Snow as his sister, David Arquette as his stepdad and Matt Walsh as his father. 2023, 15, 96MIN

HORROR

Interview with the Vampire

11.50pm, Sky Greats ★★★★

Sex ●●● Violence ●●● Language ●●●

Vampire Brad Pitt recounts his life story to journalist Christian Slater in this mesmerising and lavish adaptation of Anne Rice's novel. It's a tale of Pitt's 18th-century encounter with Tom Cruise's suave bloodsucker, their taking in of orphan Kirsten Dunst and the tensions that lead to the break-up of their 'happy family'. 1994, 18, 122MIN

■ Full listings start on p75

Thursday 5 March

DRAMA

Nuremberg

8pm, Sky Drama ★★★★★

Sex ●●● Violence ●●● Language ●●●

Russell Crowe delivers a mesmerising and commanding performance as Hermann Göring, the fanatical Nazi leader and Hitler's second-in-command, as he faces justice at the Nuremberg trial of war criminals in 1946. Göring taunts and manipulates those around him, his legal cat-and-mouse with the Allied lawyers proving intense, fascinating and chilling. It's a powerful, unsettling movie with a stellar cast including Rami Malek, Leo Woodall and Michael Shannon, anchored by the extraordinary Crowe. 2025, 15, 148MIN

Holding court: Russell

COMEDY

The Man with Two Brains

2.35pm, Sky Cinema Comedy ★★★★

Sex ●●● Violence ●●● Language ●●●

'I can envision a day when the brains of brilliant men can be kept alive in the bodies of dumb people.' One of Steve Martin's most inspired bits of lunacy, in which he plays a surgeon who falls in love with a brain in a jar (voiced by Sissy Spacek) but has to decide what to do about his scheming wife (Kathleen Turner). The ending falls a bit flat, but you will have a riot getting there. 1983, 15, 93MIN

DRAMA

Reality

9pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Sydney Sweeney plays Reality Winner, accused of leaking secrets about Russian hacks of voting systems in the 2016 US election. This gripping drama of the FBI transcript of her interrogation (quizzed by Josh Hamilton and Marchánt Davis) is edge-of-seat stuff, as they initiate a whirlwind search-and-seize in Winner's home. Sweeney is superb, too, keeping us guessing whether Winner's a super-spy or dazed by events. 2023, 12, 83MIN

SPORT DRAMA

Creed III

9.30pm, ITV4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Michael B Jordan makes his directorial debut in this third outing, in which his Adonis Creed is nearing the end of his time as a boxer, now the heavyweight champ and living in luxury with wife Tessa Thompson and daughter Mila Davis-Kent. Then a figure from his past (Jonathan Majors) reappears, so retirement might not be imminent... Jordan is an assured, shrewd hand behind the camera, making this very entertaining. 2023, 12, 116MIN

COMEDY DRAMA

French Exit

1.35am, C4 ★★★

Sex ●●● Violence ●●● Language ●●●

Michelle Pfeiffer is on fine form as a New York socialite who moves to Paris, 12 years after the death of her filthy rich husband, having exhausted her fortune. She still travels in style, accompanied by her aimless adult son (Lucas Hedges) and a cat that appears to contain the soul of her late husband. Pfeiffer is fabulous, even if her self-absorbed spendthrift tests your patience. 2020, 15, 113MIN

■ Full listings start on p85

Friday 6 March

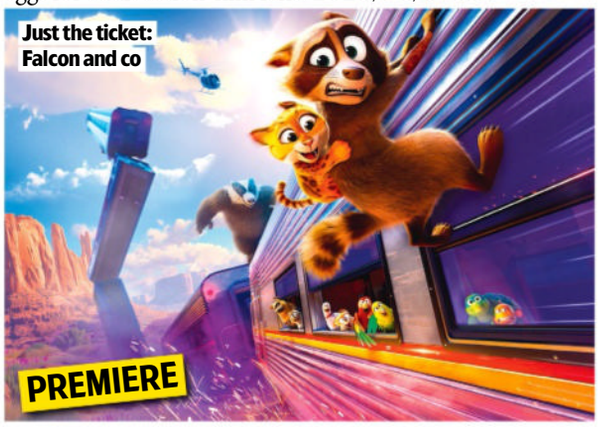
ANIMATION

Pets on a Train

6am, 6.30pm & 3.35am, Sky Premiere ★★★

Sex ●●● Violence ●●● Language ●●●

A vibrant cartoon that does exactly what it says on the tin, this is pretty much a kid-friendly take on the likes of *Die Hard*, *Speed* and *Snakes on a Plane*. Daredevil raccoon Falcon (voiced by Wyatt Bowen) is fooled into a heist on a runaway locomotive, which is emptied of human passengers and left with a only collection of oddball pets to stop the train. Although the voice work and animation is average, this is a decidedly fun romp with random Easter eggs for adult action-film fans. 2025, PG, 87MIN



Just the ticket: Falcon and co

SCI-FI

I.S.S.

Starts Saturday, Netflix ★★★

Sex ●●● Violence ●●● Language ●●●

Inside the cramped quarters of the International Space Station, a paranoid, deadly stand-off occurs between Americans Ariana DeBose, Chris Messina and John Gallagher Jr and Russians Pilou Asbæk, Masha Mashkova and Costa Ronin when nuclear war breaks out on Earth – each group being told by their nation to take over the craft. The cast is uniformly excellent in this suspenseful, sweaty-palmed thriller. 2023, 15, 96MIN

PERIOD DRAMA

The King's Speech

8pm, Sky Drama ★★★★★

Sex ●●● Violence ●●● Language ●●●

It's the 1930s, the era of the wireless, but future King George VI (Colin Firth) suffers from a debilitating stutter. Then his wife (Helena Bonham Carter) takes him to eccentric Australian speech therapist Lionel Logue (Geoffrey Rush). All three stars are word perfect in this sensational drama that's witty, clever and touching. The film won four Oscars, for Firth, director Tom Hooper, David Seidler's screenplay and Best Film. 2010, 12, 118MIN

WAR DRAMA

The Thin Red Line

9pm, GREAT! action ★★★★

Sex ●●● Violence ●●● Language ●●●

In late 1942, the US Army hits the beach at Guadalcanal in the Pacific and fights its way inland. Stunningly well directed by Terrence Malick, this is a strange, dreamlike and supremely well-acted adaptation of James Jones' novel. John Cusack, Ben Chaplin, Sean Penn and Woody Harrelson are among the key frontline faces, Nick Nolte is their growling commanding officer and John Travolta has a cameo. 1998, 15, 170MIN

DRAMA

The End We Start From

11pm, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

With London flooded, new parents Jodie Comer and Joel Fry head to safety, first to his mum and dad (Nina Sosanya and Mark Strong), then further north to a government-run facility, where only Comer and baby are admitted, and on to the Orkneys. Comer is a force of nature in this mournful but powerful end-of-the-world parable. 2023, 15, 101MIN

■ Full listings start on p95

Sport week

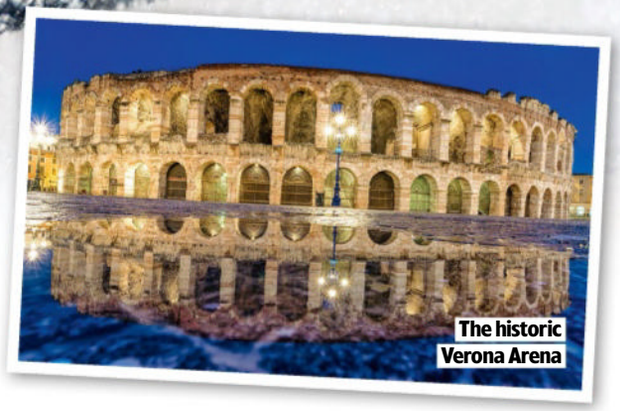
Your **ultimate guide** to the best of the week's live action

C4 presenter **Billy Monger** previews the action from Milano Cortina

THE MAIN EVENT

Winter Paralympics

Alpine skier Neil Simpson



The historic Verona Arena

LIVE WINTER SPORTS

From Wed, C4, Channel 4 Streaming & C4 YouTube

Hard on the heels of a record-breaking Team GB performance at the Winter Olympics, our Paralympians take to the snow and ice in Italy, where more than 600 athletes from 50 nations will contest 79 medal events across six events – para alpine and cross-country skiing, biathlon, ice hockey, snowboarding and wheelchair curling.

Four years ago, in Beijing, ParalympicsGB returned home with six medals, including gold for visually impaired alpine skier Neil Simpson in the men's super-G (see panel, right).

The Games get under way from Wednesday ahead of the Opening Ceremony at Verona's Roman amphitheatre on Friday evening. We caught up with former racing driver and aspiring Paralympic triathlete Billy Monger, part of the C4 presenting team, to hear more…

The curling starts this week with a new event, the mixed doubles. Are you a fan? It's a sport a lot of people connect to because it's so different, tactical and always seems to go down to the wire. We have a good track record and are usually in the mix.

What does it take to become a Paralympian? Resilience and a never-give-up attitude. These athletes have all had challenges in their lives, but managed to pick themselves up and make it to the start line. For us, telling that backstory is really important.

This is the 50th anniversary of the first Winter Paralympics. What has changed, and what still needs to change? We've come a long way in terms of the events, level of competition and how many incredible athletes we're able to see. Going forward, I would love people to be so engaged that, rather than waiting for the next Games, they think: 'There's a World Championship next year, how can I watch that?'

C4 has a strong team lined up. How much are you looking forward to working with them? I've worked with [former wheelchair basketball player] Ade Adepitan before, and what he doesn't know about Paralympic sport isn't worth knowing. Dame Sarah Storey [para cyclist and swimmer] has won more medals than I've had hot dinners. And [para swimmer] Alice Tai, who is also on the team, helped teach me to swim.

WORDS: IAN MACEWAN, RICHARD MCCLURE. PHOTOS: ALAMY, C4, GETTY

FIVE BRITS TO WATCH

NEIL SIMPSON
The visually impaired alpine skier made history when he became the first British male athlete to win gold on snow in 2022 – alongside his guide and brother Andrew.

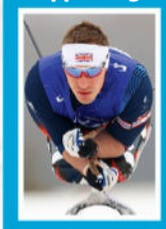
MENNA FITZPATRICK
Also a visually impaired alpine skier, Fitzpatrick

took silver and bronze at Beijing in the women's super-G and super combined.

OLLIE HILL
A competitor in snowboarding events

for athletes with lower-leg disabilities, Hill won Britain's first-ever snowboard medal in Beijing in 2022 – a bronze in the men's banked slalom.

SCOTT MEENAGH
Double amputee Meenagh is appearing in his third



and final Games after becoming the first British Nordic skiing Paralympian for 20 years in 2018 in South Korea.

JO BUTTERFIELD
The club throw Paralympic champion partners Jason Kean in the wheelchair curling mixed doubles as she aims to become the first Brit to win gold at both Summer and Winter Paralympic Games.

Hull KR's Jai Whitbread (far left) in action

LIVE RUGBY LEAGUE

Hull KR v Leeds Rhinos

Saturday, kick-off 12m't, Sky Sports+ & Sky Sports Main Event

The Allegiant Stadium in Las Vegas stages a rugby league triple-header when reigning champions Hull KR take on Leeds Rhinos in the second Super League clash to be held in Sin City following the 2025 event when Wigan Warriors defeated Warrington Wolves. It's followed by the opening two matches of Australia's new NRL season when Newcastle Knights take on North Queensland Cowboys (kick-off 2.15am) and Canterbury-Bankstown Bulldogs face St George Illawarra Dragons (kick-off 4.30am).

Allegiant Stadium

Vegas Golden Knights' Jack Eichel

LIVE ICE HOCKEY

National Hockey League

Saturday-Monday, ITV4

If the Winter Olympics has got you hooked on ice hockey, you'll be pleased to learn that ITV recently inked a free-to-air deal with the NHL to screen regular matches. There's a triple-header this week, beginning with New York Rangers v Pittsburgh Penguins, before the Penguins host Vegas Golden Knights, featuring USA Olympian Jack Eichel, on Sunday, while Nashville Predators play Detroit Red Wings on Monday.

LIVE MOTORCYCLING

MotoGP: Thailand

Sunday, race starts 8am, TNT Sports 2

Buriram in Thailand hosts the first contest of the 22-race season – the final year the riders will race on 1,000cc bikes before switching to 850cc engines in 2027 to reduce top speeds and improve safety. Ducati's Marc Márquez enters the season as defending champion after topping the 2025 standings ahead of his brother Alex, racing for Ducati satellite team Gresini Racing, while three-time Superbike World Champion Toprak Razgatlioglu makes his MotoGP debut for Prima Pramac Yamaha and reigning Moto2 world champion Diogo Moreira joins Pro Honda LCR. This season, MotoGP returns to Brazil for the first time since 2004 (20-22 March), while Silverstone hosts the British Grand Prix from 7-9 August.

Ducati's Marc Márquez

Wales' Rhys Carré

LIVE RUGBY UNION

Six Nations

Friday, kick-off 8.10pm, ITV1 & S4C

The fourth round of matches begins with a Friday-night fixture at the Aviva Stadium, where Ireland host a Wales side desperate to rectify a wretched run since the 2023 World Cup. Wales haven't claimed victory in Dublin for more than a decade, and coach Steve Tandy will be hoping for a better performance than the round-one thrashing at Twickenham and the record defeat to France in Cardiff.

Sport A-Z and football planner »»

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Sport week A-Z GUIDE

AUSTRALIAN RULES

LIVE Sydney Swans v Carlton Blues
Thu 8.30am TNT Sports 2

LIVE Gold Coast Suns v Geelong Cats
Fri 9am TNT Sports 3

LIVE GWS Giants v Hawthorn Hawks
Fri 5am TNT Sports 4

BASEBALL

LIVE Detroit Tigers v Atlanta Braves
Mon 6pm TNT Sports 2

LIVE Cincinnati Reds v Los Angeles Dodgers
Thu 8pm TNT Sports 2

LIVE Great Britain v Mexico
Fri 6pm TNT Sports

BASKETBALL

LIVE Dallas Mavericks v Oklahoma City Thunder
Sun 12m't Sky Sports Main Event & Sky Sports Action

LIVE Milwaukee Bucks v Boston Celtics
Mon 11.30pm Sky Sports Action & Sky Sports+

LIVE Golden State Warriors v Los Angeles Clippers
Mon 3am Sky Sports Action & Sky Sports+

LIVE Philadelphia 76ers v San Antonio Spurs
Tue 12m't Sky Sports Action & Sky Sports+

LIVE Sacramento Kings v Phoenix Suns
Tue 4am Sky Sports Action & Sky Sports+

LIVE Boston Celtics v Dallas Mavericks
Fri 12m't Sky Sports Mix

COMBAT SPORTS

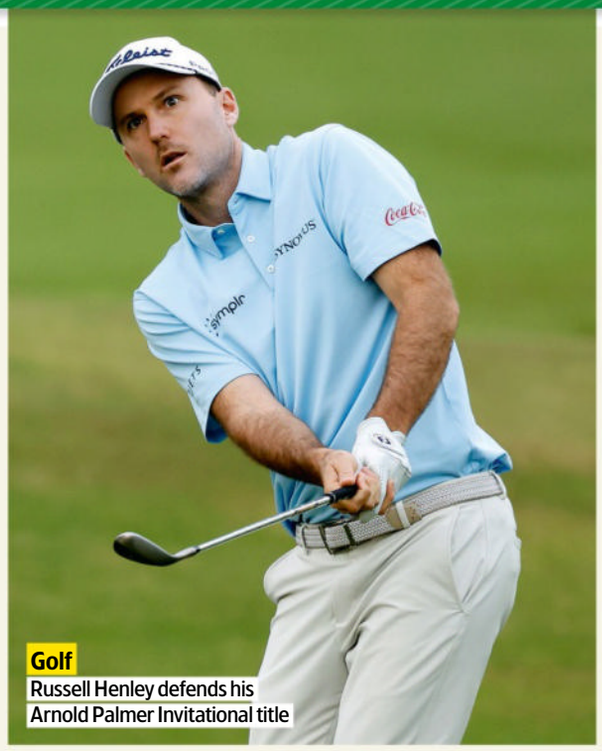
LIVE Brandon Moreno v Lone'er Kavanagh
Sat 1am TNT Sports 1

CRICKET

LIVE Sri Lanka v Pakistan
Sat 1pm Sky Sports Cricket
The men's T20 World Cup match.

LIVE New Zealand v Zimbabwe
Sat 12m't TNT Sports 4
The third and final women's T20.

LIVE Australia v India
Sat 4.15am TNT Sports 4
The third and final women's ODI.



Golf
Russell Henley defends his Arnold Palmer Invitational title

LIVE Zimbabwe v South Africa
Sun 9am Sky Sports Main Event & Sky Sports Cricket
The men's T20 World Cup game.

LIVE India v West Indies
Sun 1pm Sky Sports Cricket
The men's T20 World Cup fixture.

LIVE Men's T20 World Cup
Wed 1pm Sky Sports Main Event & Sky Sports Cricket
The opening semi-final.

LIVE New Zealand v Zimbabwe
Wed 10pm TNT Sports 2
The first ODI from University Oval.

LIVE Men's T20 World Cup
Thu 1pm Sky Sports Main Event & Sky Sports Cricket
The second semi-final in Mumbai.

LIVE Australia v India
Thu & Fri 5.15am TNT Sports 2
Days one and two of the women's Test.

CYCLING

LIVE Omloop Het Nieuwsblad
Sat 12noon TNT Sports 3

LIVE Kuurne Brussels Kuurne
Sun 1.30pm TNT Sports 2

LIVE Grand Prix Samyn
Tue 12noon TNT Sports 1

LIVE Samyn Classic
Tue 1.15pm TNT Sports 1

LIVE Laigueglia Trophy
Wed 1.30pm TNT Sports 1

DARTS

LIVE Premier League
Thu 7pm Sky Sports Main Event & Sky Sports Action

LIVE UK Open
Fri 12noon & 7pm ITV4

GOLF

LIVE HSBC Women's World Championship
Sat 6am & 2.15am Sky Sports Main Event, 6am & 1.30am Sky Sports Golf

LIVE Investec South African Open Championship
Sat 10.30am & Sun 9.30am Sky Sports Golf
From Stellenbosch Golf Club.

LIVE Cognizant Classic
Sat 3pm & Sun 2.30pm Sky Sports Golf; Sat 8.30pm & Sun 7.30pm Sky Sports Main Event
Days three and four in Florida.

LIVE Women's NSW Open
Sat 1am Sky Sports Mix
Day four at Wollongong Golf Club.

LIVE Jupiter Links v Boston Common
Sun 2am Sky Sports Golf
The TGL match at SoFi Center.

LIVE Los Angeles v New York
Mon 12m't Sky Sports Main Event & Sky Sports Golf
The TGL match from SoFi Center.

LIVE The Bay v Jupiter Links
Tue 2am Sky Sports Main Event & Sky Sports Golf
The TGL game held at SoFi Center.

LIVE Blue Bay LPGA
Wed & Thu 4am Sky Sports Golf; Thu 6am Sky Sports Main Event; Fri 4am Sky Sports Mix
Days one to three on Hainan Island.

LIVE LIV Golf
Wed & Fri 4.30am, Thu 3.30am TNT Sports 1
Days one to three from Hong Kong.

LIVE Joburg Open
Thu 10.30am & Fri 11.15am Sky Sports Main Event; Thu & Fri 10.30am Sky Sports Golf
Days one and two in South Africa.

LIVE Arnold Palmer Invitational
Thu & Fri 12.30pm Sky Sports+ & 3.30pm Sky Sports Golf; Thu 5pm & Fri 3.30pm Sky Sports Main Event
Days one and two in Orlando.

LIVE Australian Women's Classic
Fri 1am Sky Sports Golf
Day three in New South Wales.

HORSE RACING

LIVE Kelso
Sat 12.45pm ITV

ICE HOCKEY

LIVE New York Rangers v Pittsburgh Penguins
Sat 5.30pm ITV4
The NHL match. See p29.

LIVE St Louis Blues v New Jersey Devils
Sat 10pm Premier Sports 2

LIVE Montreal Canadiens v Washington Capitals
Sat 12m't Premier Sports 1

LIVE Seattle Kraken v Vancouver Canucks
Sat 3am Premier Sports 2

LIVE Pittsburgh Penguins v Vegas Golden Knights
Sun 6pm ITV4
NHL inter-conference match.

LIVE New York Islanders v Florida Panthers
Sun 11.30pm Premier Sports 1

LIVE Anaheim Ducks v Calgary Flames
Sun 1am Premier Sports 2

LIVE Nashville Predators v Detroit Red Wings
Mon 7pm Premier Sports 2 & ITV4
NHL inter-conference match.

LIVE New York Rangers v Columbus Blue Jackets
Mon 12m't Premier Sports 2

LIVE Boston Bruins v Pittsburgh Penguins
Tue 12m't Premier Sports 2

LIVE Minnesota Wild v Tampa Bay Lightning
Tue 2.30am Premier Sports 1

LIVE New Jersey Devils v Toronto Maple Leafs
Wed 12m't Premier Sports 2

LIVE Anaheim Ducks v New York Islanders
Wed 3am Premier Sports 1

LIVE Philadelphia Flyers v Utah Mammoth
Thu 12m't Premier Sports 2

LIVE Los Angeles Kings v New York Islanders
Thu 2.30am Premier Sports 1

LIVE Detroit Red Wings v Florida Panthers
Fri 12m't Premier Sports 2

LIVE Edmonton Oilers v Carolina Hurricanes
Fri 2am Premier Sports 1

MOTORCYCLING

LIVE Grand Prix of Thailand MotoGP sprint race
Sat 7.45am TNT Sports 2

LIVE MotoGP warm-up
Sat 3.30am TNT Sports 2

LIVE The Grand Prix of Thailand Moto3 race
Sat 4am TNT Sports 2

LIVE The Grand Prix of Thailand Moto2 race
Sun 6am TNT Sports 2

LIVE The Grand Prix of Thailand MotoGP race
Sun 7.15am TNT Sports 2
Round one of the season. See p29.

MOTORSPORT

LIVE Indycar
Sat 2.30pm & 9.30pm, Sun 2pm & 5pm Sky Sports F1

LIVE Indy NXT
Sun 3pm Sky Sports F1

LIVE NASCAR
Sun 7.30pm Premier Sports 2

LIVE Formula 3
Thu 9.45pm & 2.55am, Fri 12.10am Sky Sports F1, Thu 2.55am & Fri 12.10am Sky Sports Main Event
The Australian Grand Prix practice session, qualifying and sprint race.

LIVE Formula 3
Thu 10.55pm & 3.50am, Fri 3.05am Sky Sports F1, Thu 3.50am & Fri 3.05am Sky Sports Main Event
The Australian Grand Prix practice session, qualifying and sprint race.

LIVE Formula 1
Thu 1am & 4.45am, Fri 1.10am Sky Sports Main Event & Sky Sports F1
Australian Grand Prix practices.

LIVE Indycar
Fri 3pm, 7pm & 9.30pm Sky Sports F1

LIVE FIM X-Trial World Championship
Fri 9pm TNT Sports 2

LIVE Formula 1
Fri 4.10am Sky Sports Main Event & Sky Sports F1
Australian Grand Prix qualifying.

NETBALL

LIVE Leeds Rhinos v Loughborough Lightning
Fri 7.25pm Sky Sports Mix

RUGBY LEAGUE

LIVE Warrington Wolves v Wakefield Trinity
Sat 5.15pm BBC2 (Eng, Scot & N Ireland) (kick-off 5.30pm)
The Super League match.

LIVE Hull Kingston Rovers v Leeds Rhinos
Sat 11.30pm Sky Sports Main Event & Sky Sports+ (kick-off12m't)
The Super League match. See p29.

LIVE Newcastle Knights v North Queensland Cowboys
Sat 2.15am Sky Sports Action & Sky Sports+ (kick-off 2.15am)

LIVE Canterbury-Bankstown Bulldogs v St George Illawarra Dragons
Sat 4.30am Sky Sports Action & Sky Sports+ (kick-off 4.30am)

LIVE Melbourne Storm v Parramatta Eels
Thu 9am Sky Sports Action & Sky Sports+ (kick-off 9am)

LIVE Wakefield Trinity v Hull FC
Thu 7.30pm Sky Sports+ (kick-off 8pm) Super League fixture.

LIVE Brisbane Broncos v Penrith Panthers
Fri 9am Sky Sports Action

LIVE Leigh Leopards v Catalans Dragons
Fri 7.30pm Sky Sports Action & Sky Sports+ (kick-off 8pm)
The Super League match.

RUGBY UNION

LIVE Chiefs v Crusaders
Sat 6am Sky Sports+

LIVE Brumbies v Blues
Sat 8.30am Sky Sports+

LIVE Lions v Stormers
Sat 12noon Premier Sports 1

LIVE Connacht v Glasgow Warriors
Sat 2.30pm Premier Sports 2

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WHY THIS COULD BE CANADA'S TIME AT THE WORLD CUP
STEPHEN JONES: "IT'S NOW OR NEVER FOR ENGLAND"
RENEE HOLMES, FROM FRISBEE TO THE BLACK FERNS
JOHN MITCHELL ON HIS RED ROSES BATTLE PLAN
CAN BELGIUM BEAT THE ODDS TO REACH WORLD CUP 2027?
EVERY TEAM INSIDE
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LIVE Bulls v Sharks
Sat 2.35pm Premier Sports 1

LIVE PREM Rugby Cup
Sat 3pm TNT Sports 1

LIVE Rugby Men's Scottish Premiership Play-Off
Sat 4pm BBC Alba

LIVE Munster v Zebre Parma
Sat 5.15pm Premier Sports 1

LIVE Dragons v Benetton
Sat 5.15pm Premier Sports 2

LIVE Ospreys v Ulster
Sat 7.30pm Premier Sports 2

LIVE Pacific Chiefs v Moana Pasifika
Fri 6am Sky Sports+

LIVE Waratahs v Hurricanes
Fri 8.30am Sky Sports+

LIVE Ireland v Wales
Fri 7.20pm ITV1 & 7.30pm S4C (kick-off 8.10pm) The Six Nations match at Aviva Stadium. See p29.

LIVE Highlanders v Western Force
Fri 3.30am Sky Sports Action

SKIING

LIVE Freestyle Skiing
Sat 9am TNT Sports 4

LIVE Alpine Skiing
Sat 9am & Sun 10.30am TNT Sports 2; Sun 9am & Fri 10.15am TNT Sports 1

LIVE Ski Jumping
Sat 12.15pm & Fri 1.15pm TNT Sports 4; Sun 12.30pm TNT Sports 3; Thu 2pm & Fri 1.15pm TNT Sports 1

LIVE Cross Country Skiing
Sun 11.15am TNT Sports 3 & 3.15pm TNT Sports 4

LIVE Ski Mountaineering
Wed 10am & Thu 10.30am TNT Sports 1; Thu 10am TNT Sports 3

LIVE Nordic Combined Skiing
Fri 10.45am, 11.45am & 2.45pm TNT Sports 4

SNOOKER

LIVE Welsh Open
Sat 12.45pm & 6.45pm TNT Sports 2; Sat & Sun 1pm & 7pm BBC2 (Wales only); Sun 12.45pm & 6.45pm TNT Sports 1

TENNIS

LIVE ATP Dubai Championships
Sat 3pm Sky Sports Main Event & Sky Sports Tennis

LIVE WTA Austin Open
Sat 7pm & Sun 6pm Sky Sports Tennis; Sun 6pm Sky Sports+

LIVE WTA Mérida Open final
Sat 1am Sky Sports Tennis

LIVE ATP Acapulco Open final
Sat 3am Sky Sports Tennis

LIVE Eisenhower Cup
Tue 3.30am Sky Sports Tennis

LIVE Indian Wells Open
Wed-Fri 7pm Sky Sports Tennis; Wed 10pm, Thu & Fri 10.15pm Sky Sports+; Wed & Fri 10.30pm, Thu 11pm Sky Sports Main Event

WINTER SPORTS

LIVE Winter Paralympics
Wed 6.05pm, Thu 9.05am & 6.05pm, Fri 8.05am Channel 4 Streaming & C4 YouTube
Mixed doubles wheelchair curling.

LIVE Winter Paralympics
Fri 6.30pm C4
The opening ceremony. See p28.

LIVE PREMIER LEAGUE

Arsenal v Chelsea

Sunday, kick-off 4.30pm, Sky Sports Premier League & Sky Sports Main Event

Mikel Arteta's Arsenal got the better of their London rivals in the sides' EFL Cup semi-final, with Kai Havertz scoring in the second leg at the Emirates. The Blues have now gone 10 games without a victory against the Gunners across all competitions.

LIVE WORLD CUP QUALIFIER

Ukraine v England

Tuesday, kick-off 5pm, ITV4

The Lionesses kick off their qualifying campaign for next summer's World Cup finals in Brazil by facing Ukraine in their opening Group A3 game. Sarina Wiegman's side, runners-up in 2023, have also been drawn with world champions Spain, with only the group winners gaining automatic qualification.

LIVE FA CUP

Wolverhampton Wanderers v Liverpool

Friday, kick-off 8pm, BBC1, TNT Sports 1 & Discovery+

Wolves may be adrift in the Premier League, but Tom Edozie and his teammates have shown plenty of fight recently and Liverpool won't be complacent ahead of this FA Cup fifth-round tie as the Reds visit Molineux for the second time in three days.

Saturday 28

LIVE Central Coast Mariners v Newcastle Jets
6am TNT Sports 1 (kick-off 6am)

LIVE Brisbane Roar v Perth Glory
7am TNT Sports 4 (kick-off 7am)

LIVE Macarthur Bulls v Western Sydney Wanderers
8.30am TNT Sports 1 (kick-off 8.35am)

LIVE Leicester City v Norwich City
11am Sky Sports Main Event & Sky Sports Football (kick-off 12.30pm) The Championship match staged at King Power Stadium.

LIVE Bournemouth v Sunderland
11am TNT Sports 1 (kick-off 12.30pm) The Premier League match at Vitality Stadium.

LIVE Portsmouth v Hull City
12.25pm Sky Sports+ (kick-off 12.30pm)
The Championship match from Fratton Park, as the sides at either ends of the table go head to head.

LIVE Leeds United v Manchester City
5pm Sky Sports Main Event & Sky Sports Premier League (kick-off 5.30pm) The Premier League match at Elland Road.

LIVE Borussia Dortmund v Bayern Munich
5.20pm Sky Sports Football (kick-off 5.30pm) The Bundesliga fixture at Signal Iduna Park.

LIVE Inter Milan v Genoa
7.30pm TNT Sports 1 (kick-off 7.45pm) The Serie A match staged at San Siro.

LIVE Real Oviedo v Atlético Madrid
8pm Disney+ (kick-off 8pm)
The LaLiga match staged at Estadio Carlos Tartiere.

LIVE Boca Juniors v Gimnasia
8.40pm Premier Sports 1 (kick-off 8.45pm)

LIVE Wellington Phoenix v Sydney FC
2am TNT Sports 3 (kick-off 2am)

Sunday 1

LIVE Rangers v Celtic
11am Sky Sports Main Event & Sky Sports Football (kick-off 12noon) The Old Firm derby in the Scottish Premiership staged at Ibrox.

LIVE PEC Zwolle v Ajax
11.10am Premier Sports 2 (kick-off 11.15am) The Eredivisie match from MAC PARK Stadion.

LIVE Fulham v Tottenham Hotspur
12.30pm Sky Sports Premier League (kick-off 12.30pm)
The Premier League match staged at Craven Cottage.

LIVE Brighton & Hove Albion v Nottingham Forest
12.30pm Sky Sports+ (kick-off 2pm) The Premier League fixture at AMEX Stadium.

LIVE Elche v Espanyol
12.55pm Premier Sports 1 (kick-off 1pm) The LaLiga match.

LIVE Manchester United v Crystal Palace
1pm Sky Sports Main Event (kick-off 2pm) The Premier League game held at Old Trafford.

LIVE FC Twente v Feyenoord
1.25pm Premier Sports 2 (kick-off 1.30pm) The Eredivisie match from De Grolsch Veste.

LIVE Valencia v Osasuna
3.10pm Premier Sports 1 (kick-off 3.15pm)
The LaLiga game from Mestalla.

LIVE Arsenal v Chelsea
4pm Sky Sports Premier League & 4.25pm Sky Sports Main Event (kick-off 4.30pm) The Premier League match between the London rivals at Emirates Stadium.

LIVE Real Betis v Sevilla
5.25pm Premier Sports 1 (kick-off 5.30pm) The LaLiga fixture from Estadio La Cartuja.

LIVE AS Roma v Juventus
7.30pm TNT Sports 2 (kick-off 7.45pm) The Serie A match staged at Stadio Olimpico.

LIVE Girona v Celta Vigo
7.55pm Premier Sports 1 (kick-off 8pm) The LaLiga match staged at Estadi Montilivi.

Monday 2

LIVE Birmingham City v Middlesbrough
7.30pm Sky Sports Main Event & Sky Sports Football (kick-off 8pm)
The Championship match from St Andrew's at Knighthead Park.

LIVE Real Madrid v Getafe
7.55pm Premier Sports 1 (kick-off 8pm)
The LaLiga game from Bernabeu.

Tuesday 3

LIVE Ukraine v England
4.30pm ITV4 (kick-off 5pm)
Both teams' opening Group A3 Women's World Cup qualifier at Mardan Sports Complex in Antalya.

LIVE Czechia v Wales
5.15pm BBC2 (Wales only) (kick-off 5.30pm)
Both teams' opening Women's World Cup Group B1 qualifier.

LIVE Luxembourg v Scotland
6.15pm BBC Scotland (kick-off 6.30pm) The Women's World Cup Group B4 qualifier.

LIVE Wolverhampton Wanderers v Liverpool
7pm TNT Sports 1 (kick-off 8.15pm) The Premier League match from Molineux.

LIVE Leeds United v Sunderland
7pm TNT Sports 2 (kick-off 7.30pm) The Premier League fixture from Elland Road.

LIVE Everton v Burnley
7pm TNT Sports 3 (kick-off 7.30pm)
The Premier League match staged at Hill Dickinson Stadium.

LIVE Bournemouth v Brentford
7pm TNT Sports 4 (kick-off 7.30pm) The Premier League game at Vitality Stadium.

LIVE Doncaster Rovers v Stockport County
7.30pm Sky Sports Football (kick-off 8pm) The EFL Trophy first semi-final at Eco-Power Stadium.

LIVE Exeter City v Burton Albion
7.35pm Sky Sports+ (kick-off 7.45pm) The League One fixture from St James Park.

LIVE Barcelona v Atletico Madrid
7.55pm Premier Sports 1 (kick-off 8pm) The Copa Del Rey semi-final second-leg at Camp Nou.

LIVE FC Como v Inter Milan
7.55pm Premier Sports 2 (kick-off 8pm) Coppa Italia.

Wednesday 4

LIVE Aberdeen v Celtic
7pm Sky Sports Main Event & Sky Sports Football (kick-off 8pm)
The Scottish Premiership match.

LIVE Luton Town or Plymouth Argyle v Northampton Town
7pm Sky Sports+ (kick-off 8pm)
The EFL Trophy second semi-final.

LIVE Newcastle United v Manchester United
7pm TNT Sports 1 (kick-off 8.15pm) The Premier League match at St. James' Park.

LIVE Brighton & Hove Albion v Arsenal
7pm TNT Sports 2 (kick-off 7.30pm) The Premier League game from AMEX Stadium.

LIVE Aston Villa v Chelsea
7pm TNT Sports 3 (kick-off 7.30pm) The Premier League match staged at Villa Park, with both sides chasing a place in next season's Champions League.

LIVE Manchester City v Nottingham Forest
7pm TNT Sports 4 (kick-off 7.30pm) The Premier League game at Etihad Stadium.

LIVE Fulham v West Ham United
7pm TNT Sports 5 (kick-off 7.30pm) The Premier League fixture at Craven Cottage.

LIVE Lazio v Atalanta
7.55pm Premier Sports 1 (kick-off 8pm) The Coppa Italia semi-final first-leg at Stadio Olimpico.

LIVE Real Sociedad v Athletic Bilbao
7.55pm ITV4 (kick-off 8pm)
Copa Del Rey semi-final first-leg.

Thursday 5

LIVE Tottenham Hotspur v Crystal Palace
7pm TNT Sports 1 (kick-off 8pm)
The Premier League match from Tottenham Hotspur Stadium.

Friday 6

LIVE Adelaide United v Wellington Phoenix
8.30am TNT Sports 4 (kick-off 8.35am)

LIVE Bayern Munich v Borussia Mönchengladbach
7.30pm BBC iPlayer (kick-off 7.30pm) The Bundesliga game staged at Allianz Arena.

LIVE Falkirk v Dundee United
7.30pm BBC Scotland (kick-off 7.45pm)

LIVE Preston North End v Oxford United
7.30pm Sky Sports Main Event & Sky Sports Football (kick-off 8pm) The Championship match staged at Deepdale.

LIVE Wolverhampton Wanderers v Liverpool
7.45pm BBC1, TNT Sports 1 & Discovery + (kick-off 8pm) The FA Cup fifth-round fixture at Molineux.

LIVE Osasuna v Mallorca
7.55pm Premier Sports 1 (kick-off 8pm) The LaLiga match.

PHOTOS: GETTY

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Saturday

28 February

Evening Planner

Football

Premier League
TNT Sports & Sky Sports
Coverage of Bournemouth v Sunderland (TNT Sports 1, k-o 12.30pm) and Leeds v Man City (Sky Sports, k-o- 5.30pm)

Awards

BRIT Awards
ITV1, 8.15pm
Jack Whitehall hosts the ceremony from Co-op Live in Manchester, with Harry Styles among the acts set to perform.

Music

Classic Hits in the Piano Room
BBC2, 8.30pm
Performances from Vernon Kay's BBC Radio 2 show, including Mumford & Sons.

Travelogue

Bill Bailey's Vietnam
C4, 9.15pm
The comic sets off on a tour to mark 50 years since the end of the Vietnam War, starting in the central town of Hoi An.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	‹ 6.45 Michael McIntyre's Big...	7.45 The Weakest Link	8.30 Casualty	9.20 The Walsh Sisters	10.10 News	10.30 Match of the...		
	102 BBC2	‹ 5.15 Rugby League: Super...	7.45 Nature's Biggest Beasts	8.30 Classic Hits in the Piano Room		10.00 Covers in the Piano Room at the BBC			
	103 ITV1	7.00 Britain's Got Talent		8.15 BRIT Awards					
	104 CHANNEL 4		7.15 Fukushima: Days That Shocked The...	8.15 The Roman Empire by Train with Alice...	9.15 Bill Bailey's Vietnam	10.15 Film: Mission: Impossible...			
	105 5	‹ 6.55 Beatrice and Eugenie: Caught in the Crossfire		8.15 Lip-Reading the Royals: What Are...	9.15 The Middletons: Should They Be...	10.15 1976: Those Were the Days			
	106 SKY ONE	‹ 6.30 Film: Man of Steel			9.00 Film: The Beekeeper				
ENTERTAINMENT	115 BBC3	7.00 Doctor Who		8.35 Gavin & Stacey	9.05 Mrs Brown's Boys	10.05 Two Pints of Lager and a Packet...			
	116 BBC4		7.15 Meet the...	7.45 The Good Old Days	8.30 Hetty Wainthropp Investigates	9.20 The Turkish Detective			
	118 ITV2	‹ 6.25 Film: Jurassic World			9.00 Film: Mr & Mrs Smith				
	136 MORE4	‹ 6.55 Four in a Bed		8.00 24 Hours in A&E					
	135 E4	7.00 The Simpsons			9.00 Celebrity Gogglebox	10.00 Gogglebox			
	107 SKY WITNESS	7.00 Nothing to Declare			9.00 Law & Order: Criminal Intent	10.00 Law & Order: Special Victims Unit			
	108 SKY ATLANTIC	‹ 6.40 Game of Thrones			9.00 True Detective: Night Country	10.15 Under Salt Marsh			
	110 U&GOLD		7.10 Only Fools and Horses	8.20 Victoria Wood as Seen...	9.00 dinnerladies	9.40 Victoria Wood as Seen...	10.20 Only Fools and Horses		
	111 U&DAVE	7.00 Richard Osman's House of Games			9.00 I'm Alan Partridge				
	119 ITV3	‹ 6.10 Midsomer Murders				10.10 Vera			
	120 ITV4	‹ 5.30 NHL Ice Hockey – Live		8.00 Made in Britain	8.35 Nine Dart...	9.00 English Football League Highlights		10.30 Film: xXx...	
	112 COMEDY CENTRAL	7.00 Friends			9.00 Jeff Dunham: Me the People	10.00 Film: Zombieland: Double Tap			
	145 SKY SCI-FI	7.00 Star Trek: Voyager							
	143 U&DRAMA	7.00 The Brokenwood Mysteries			9.00 Whitechapel	10.00 The Inspector Lynley Mysteries			
	109 U&ALIBI	7.00 Shakespeare & Hathaway		8.00 Father Brown	9.00 Death in Paradise	10.00 Father Brown			
	122 SKY ARTS	7.00 Classic Albums		8.00 AC/DC: Live at Donington			10.30 AC/DC...		
	132 U&W	7.00 Nurses on the Ward			9.00 The Catherine Tate Show				
DOCUMENTARY	125 DISCOVERY	7.00 Scrapyard Dynasty		8.00 Secrets Underground	9.00 Ed Stafford's Rite of Passage	10.00 Expedition Unknown			
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Extinct or Alive	9.00 Alaskan Bush People: Bushcraft...	10.00 Tanked			
	129 NAT GEO	7.00 Air Crash Investigation			9.00 Sneaker Wars: Adidas v Puma				
	123 SKY HISTORY	7.00 Beyond the Myth: The SS Unveiled			9.00 Nazi Murder Mysteries				
	155 U&YESTERDAY	7.00 Classic Car Kings		8.00 Bangers & Cash	9.00 Bangers & Cash: Restoring Classics	10.00 Bangers & Cash			
	114 SKY DOCS	7.00 Super/Man: The Christopher Reeve Story			9.00 My Mom Jayne				
FILMS – Sky Cinema	301 PREMIERE	‹ 5.50 M3GAN 2.0		8.00 Jurassic World: Rebirth			10.20 Bring Her Back		
	302 HORROR HITS	‹ 6.20 The Lost Boys		8.00 Sinners			10.20 Bram Stoker's Dracula		
	303 GHOSTBUSTERS	‹ 6.00 Ghostbusters		8.00 Ghostbusters II		10.00 Ghostbusters			
	304 GREATS	‹ 5.50 Batman Returns		8.00 Batman Forever		10.05 Batman & Robin			
	305 ANIMATION		7.10 Monsters vs Aliens		9.00 Scarygirl				
	306 FAMILY	‹ 5.20 The Hobbit: The Desolation of Smaug		8.05 The Hobbit: The Battle of the Five Armies			10.30 The Hobbit...		
	307 ACTION	‹ 5.35 Jurassic World: Rebirth		8.00 Jurassic Park		10.10 The Lost World: Jurassic Park			
	308 COMEDY	‹ 6.20 13 Going on 30		8.00 Two Weeks Notice		9.45 How to Lose a Guy in 10 Days			
	309 THRILLER	‹ 5.40 Vanilla Sky		8.00 Nightcrawler		10.00 Sleepers			
	310 DRAMA	‹ 5.45 Legends of the Fall		8.00 Darkest Hour		10.05 Dunkirk			
	311 SCI-FI	‹ 5.40 The Matrix Revolutions		8.00 The Matrix: Resurrections			10.30 Us		
	313 FILM4	‹ 6.55 Dante's Peak			9.00 The Equalizer				
SPORT	401 MAIN EVENT	‹ 5.00 SNF – Live: Leeds United v Manchester City (Kick-off 5.30)		8.30 PGA Tour Golf – Live: The Cognizant Classic					
	402 PREMIER LEAGUE	‹ 5.00 SNF – Live: Leeds United v Manchester City (Kick-off 5.30)		8.30 Game of the Day			10.30 PL Highlights		
	403 FOOTBALL	‹ 5.20 Bundesliga...	7.30 EFL			9.30 EFL Highlights			
	405 CRICKET	7.00 ICC Men's T20 World Cup		8.30 WC'26 – Review	9.00 ICC Men's T20...	9.30 WC'26 – Review	10.00 ICC Men's T20 World Cup		
	410 TNT SPORTS 1	7.00 UEFA Magazine	7.30 Serie A – Live: Inter Milan v Genoa (Kick-off 7.45)			9.45 MotoGP		10.30 UEFA Magazine	
	411 TNT SPORTS 2	‹ 6.45 Welsh Open Snooker – Live: Further coverage from the semi-finals on the sixth day of the tournament						10.31 Premier League	

‹ Denotes programmes starting before 7.00pm † Regions vary

SATURDAY

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Saturday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
10.00 **Saturday Kitchen** New edition With guest Michael Ball. (S)
11.30 **Nadiya's Simple Spices** (S)(R)(AD)
12.00 NOON **Football Focus** (S)
12.45 PM **BBC News** (S)
1.00 **Bargain Hunt** (S)(R)(AD)
1.45 **Escape to the Country** (S)(R)(AD)
2.45 **Money for Nothing** (S)(R)
3.30 **Asia** 5/7. Footage of animals in Asia that live at extremely close quarters with people. (S)(R)(AD)
4.30 **Final Score** Results round-up. (S)
5.25 **BBC News** (S)
5.35 **Local News** (S)
5.45 **Gladiators** New edition 7/11. Bradley and Barney Walsh host the second quarter-final. Sabre defends her territory on The Edge, while Apollo launches a rocket in the Gauntlet. (S)(AD)

7.45 The Weakest Link

6.45 **Michael McIntyre's Big Show** Series finale 6/6. *Love Island* star Tasha Ghouri helps surprise an inspirational Unexpected Star of the Show, and singer Jade Thirlwall hands over her phone in Send to All. Plus, music from Jack Savoretti. (S)(AD)

7.45 **The Weakest Link** Romesh Ranganathan hosts as comedians Angela Barnes, Phil Wang, Josh Pugh, Laura Smyth, Iain Stirling, Maisie Adam Geoff Norcott and Ria Lina compete for charity. (S)(R)

8.30 **Casualty** *Learning Curve – Part Seven:* Kim pushes herself to her physical limit, and Jacob defends making a complaint against Ashley as Teddy tries to settle the conflict. (S)(AD)

9.20 **The Walsh Sisters** New episode *Rock Bottom Is a Place:* 2/6. Claire tries to charm a doctor into sharing details, while Maggie arranges a place for Rachel at Cloisters. (S1) (S)
■ Entire series on BBC iPlayer

10.10 **BBC News** (S)
10.30 **Match of the Day** Today's Premier League action, including Leeds United v Manchester City and Liverpool v West Ham United. (S)
■ More tomorrow at 10.30pm
11.50 **The Football Interview** With Leah Williamson. (S)
12.05 AM **FILM Scent of a Woman** Coming-of-age drama starring Al Pacino as a cantankerous blind war veteran who takes his student minder on a wild weekend fling in New York. With Chris O'Donnell. (S)(AD) (1992, 15, 150min) ★★★★
2.35 **Weather for the Week Ahead** (S)
2.40 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.40 AM **Children's Programmes**
9.05 **Gardeners' World** (S)(R)
10.05 **FILM Odette** Spy drama starring Anna Neagle and Trevor Howard. (S) (1950, b/w, PG, 115min) ★★★★
12.00 NOON **Mary Berry: Love to Cook** From Carmarthen Bay. (S)(R)(AD)
12.30 PM **Great British Menu** (S)(R)
1.30 **FILM I Was Monty's Double** World War Two drama starring John Mills. (S) (1958, b/w, U, 100min) ★★★
3.10 **FILM The Colditz Story** Escape drama starring John Mills. (S) (1954, b/w, U, 95min) ★★★
4.45 **Do You Know Your Place?** (S)(R)
5.15 **LIVE Rugby League: Super League** Warrington Wolves v Wakefield Trinity: Coverage of the match from the third round of fixtures, held at Halliwell Jones Stadium. Kick-off is at 5.30. (S)

11.30 This Cultural Life

LIVE Rugby League: Super League (started at 5.15pm)

7.45 **Nature's Biggest Beasts** A look at how being big can sometimes be a burden to some of nature's larger animals, and how they overcome the challenges of their size. Narrated by Miles Jupp. (S)(R)(AD)

8.30 **NEW Classic Hits in the Piano Room** Vernon Kay presents performances recorded at Maida Vale for the Radio 2 feature over the years, with some of the world's biggest artists accompanied by the BBC Concert Orchestra. Featuring Coldplay's *Paradise*, 10cc's *I'm Not In Love*, Stormzy's *Crown*, Mumford & Sons' *The Cave*, Macy Gray's *I Try* and Sam Smith's *Stay with Me*. (S)

10.00 **Covers in the Piano Room at the BBC** A selection of stripped-back performances by artists who have appeared in the Radio 2 Piano Room, featuring Stormzy, Pink and Coldplay. (S)(R)

11.30 **NEW This Cultural Life** John Wilson is joined by producer Mark Ronson, who talks about his influences and inspirations. (S)
12.00 M'T **Mark Ronson at Glastonbury** A 2015 performance by the DJ and producer on the Other Stage. (S)(R)
1.05 AM **Sign Zone: Michael McIntyre's Big Show** (S)(R)(AD)
2.05 **Sign Zone: Industry** (S)(R)(AD)
3.05 **Sign Zone: Small Prophets** (S)(R)
3.35 **to 6.15** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Celebrity Lingo** (S)(R)
6.30 **Love Your Garden** (S)(R)(AD)
7.25 **Love Your Weekend with Alan Titchmarsh** Talk show. (S)(R)
9.25 **ITV News** (S)
9.30 **James Martin's Saturday Morning** New edition With Katie Piper. (S)
12.00 NOON **Ainsley's Taste of the Bahamas** New edition (S)
12.30 PM **ITV News** (S)
12.45 **LIVE Racing** Coverage from Kelso, Doncaster and Newbury. (S)
4.00 **ITV News** (S)
4.15 **Local News** (S)
4.30 **Tipping Point: Best Ever Finals** Compilation of some of the show's most dramatic endgames. (S)(R)
5.00 **The Chase Celebrity Special** Ortis Deley, Graeme Hall, Maggie Aderin-Pocock and Sarah Millican compete for charity. (S)(R)(AD)

7.00 Britain's Got Talent

6.00 **Wheel of Fortune** New edition Graham Norton hosts the game show as curriculum and quality manager Tana, train conductor Mikey and operations manager Charlotte compete. (S)(AD)

7.00 **Britain's Got Talent** New edition Ant and Dec host as more performers take to the stage at the auditions in Blackpool, trying to impress judges Simon Cowell, Amanda Holden, Alesha Dixon and KSI and secure their place in the live semi-finals. (S)(AD)

8.15 **LIVE BRIT Awards** Comedian Jack Whitehall hosts the annual ceremony, which for the first time is moving north, to Co-op Live in Manchester, where the biggest names in the music industry will gather to celebrate another 12 months in pop. Those taking to the stage include Harry Styles, Rosalia, Alex Warren and Wolf Alice. *See feature, page 7.* (S)

10.45 **ITV News** (S)

11.05 **It'll Be Alright on the Night** More TV clangers, featuring Cat Deeley and Bradley Walsh. (S)(R)(AD)
11.30 **English Football League Highlights** Recent action. (S)(R)
12.55 AM **Teleshopping**
3.00 **Devil in Disguise: John Wayne Gacy** 5/8. (S1) (S)(SL)(R)(AD)
3.55 **Unwind with ITV** (S)
5.05 **to 6.00** AM **M&S: Dress the Nation** (S)(SL)(R)(AD)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.10 AM **The King of Queens** 10-13/25. Four episodes. (S3) (S)(R)(AD)
7.45 **Everybody Loves Raymond** 7-9/24. Triple bill. (S6) (S)(R)(AD)
9.05 **Frasier** 6-9/24. (S4) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)(AD)
12.25 PM **FILM The Simpsons Movie** Animated comedy with the voices of Dan Castellaneta and Julie Kavner. Homer Simpson must save Springfield after he single-handedly causes a disaster. (S)(AD) (2007, PG, 105min) ★★★★★
2.10 **Four in a Bed** Five editions of the B&B challenge. (S)(R)
4.40 **Sandi's Great British Woodland Restoration** 3/3. Sandi Toksvig and her wife Debbie fell trees, build ponds and release orphaned owls into the wild. (S)(R)(AD)
5.45 **News** (S)

8.15 The Roman Empire by Train

6.15 **Fukushima: Days That Shocked The World** 1/2. Documentary in which survivors and witnesses tell their stories of the 2011 disaster, which saw Japan rocked by a powerful earthquake and tsunami that triggered a nuclear meltdown. (S)(R)(AD)

7.15 **Fukushima: Days That Shocked The World** 2/2. Nuclear experts explain what went wrong at the power plant. Among the many contributing factors, two of the most critical were also the most shockingly simple. (S)(R)(AD)

8.15 **The Roman Empire by Train with Alice Roberts** New edition 4/6. Alice surveys a museum of offerings to the gods in the city of Parma, before heading across the Alps to discover how Hannibal dragged his army of elephants through the mountains. (S)(AD)

9.15 **NEW SERIES Bill Bailey's Vietnam** The comedian travels across the country on the 50th anniversary of the withdrawal of US forces from Saigon. *See feature, page 20.* (S)(AD)

10.15 **FILM Mission: Impossible – Ghost Protocol** Action spy thriller starring Tom Cruise and Jeremy Renner. (S)(AD) (2011, 12, 150min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

12.45 AM **FILM Ex Machina** Sci-fi drama starring Domhnall Gleeson. (S)(AD) (2014, 15, 110min) ★★★★
2.35 **Ramsay's Kitchen Nightmares USA** From Brooklyn. (S)(R)
3.25 **Location, Location, Location** (R)
4.20 **Couples Come Dine with Me** (R)
5.15 **Sunday Brunch** (S)(R)
5.25 **to 6.15** AM **The Simpsons** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.00 **Entertainment News** (S)
9.10 **Ben Fogle: New Lives in the Wild** Triple bill of editions. (S)(R)
12.05 PM **Dogs Behaving (Very) Badly** Double bill. (S)(R)
2.05 **Catching Up with the Royals with Rev Richard Coles & Emily Andrews** New edition (S)
3.05 **The Yorkshire Vet** Julian operates on a French bulldog, and Matt Smith rushes to a farm to try and save a ewe and her unborn lamb. (S)(R)(AD)
4.05 **Our Yorkshire Farm** The Owen family try their hand at self-sufficiency with their very first dairy cow. (S)(R) **5.05** It is Christmas at the farm, and all nine children are home for the holidays. (S)(R)

9.15 The Middletons

6.00 **Our Yorkshire Farm** Members of the Owen family help Swaledale Mountain Rescue conduct an essential training exercise. (S)(R)
6.50 **News** (S)
6.55 **Beatrice and Eugenie: Caught in the Crossfire** A profile of the York sisters, featuring archive footage and interviews with royal insiders and people who know them. (S)(R)
8.15 NEW SERIES **Lip-Reading the Royals: What Are They Really Saying?** 1/4. Experts suggest what members of the Royal Family are saying when they think nobody is listening, beginning by examining the Coronation of Charles III. (S)
9.15 NEW **The Middletons: Should They Be Working Royals?** Examining a possible royal role for the Princess of Wales' parents, Michael and Carole Middleton. (S)
10.15 **1976: Those Were the Days** A look back at key events in TV, film and showbusiness, with *I, Claudius* and *Bouquet of Barbed Wire* dominating the small screen. (S)(R)
12.05 AM **Motorway Cops: Catching Britain's Speeders** (S)(R)
1.00 **Teleshopping** (S)(R)
2.30 **Friends** (S3) (S)(R)(AD)
2.55 **The Chernobyl Disaster: Meltdown** Documentary. (S)(R)
3.45 **Rich House, Poor House** (S)(R)
4.35 **Paul Martin's Antiques Showdown** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **Hawaii Five-0** (S1) (S)(R)
9.00 **The Simpsons** (S)(R)
12.00 NOON **Gillette Labs Soccer Saturday: Build-Up** A look ahead to today's action.
3.00 PM **Gillette Labs Soccer Saturday** Stay up to speed with the afternoon's football matches up and down the country.
5.00 **The Simpsons** *The Old Man and the C Student:* Bart is forced to undertake community service at Grampa's retirement home as punishment for ruining Springfield's Olympic bid. (S)(R) **5.30** *Monty Can't Buy Me Love:* A dejected Mr Burns attempts to improve his public image by taking part in radio talk shows and bringing the Loch Ness monster to Springfield. (S)(R)

6.30 Man of Steel

6.00 **The Simpsons** *They Saved Lisa's Brain:* Lisa joins Mensa. With the voice of Stephen Hawking. (S)(R)
6.30 FILM **Man of Steel** Fantasy adventure exploring the origins of the iconic DC Comics character Superman, starring Henry Cavill, Amy Adams and Michael Shannon. A young outcast with superpowers must confront his destiny when aliens from his home planet threaten Earth. With Kevin Costner and Diane Lane. (S) (2013, 12, 150min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
9.00 FILM **The Beekeeper** Action thriller starring Jason Statham. An apparently unassuming man finds someone important to him has been scammed and driven to harm, so seeks vengeance on those responsible. With Jeremy Irons, Minnie Driver and Jemma Redgrave. (S)(AD) (2023, 15, 120min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.00 **The Dyers' Caravan Park** 1/6. Danny and Dani Dyer try to run a Kent holiday park. (S)(R) **12.00** M'T 2/6. Danny and Dani host a sports day. (S)(R)
1.00 AM **Brassic** 1/6. First episode of the comedy drama. Vinnie and his crew become tangled up with a crime boss. (S1) (S)(R)(AD)
2.00 **The Force: Manchester** (S)(R)
4.00 **Road Wars** (S)(R)
5.00 **to 6.00** AM **Highway Patrol** (R)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
4.30-5.25pm Sportscene: Open All Mics (S) **11.50** Sportscene: Premiership Highlights (S) **1.05am** The Football Interview (S) **1.20** Weather for the Week Ahead (S) **1.25-6.00am** BBC News (S)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
No variations

WALES
Sky **965**, Virgin **864**, Freesat **965**
No variations

BBC2

N. IRELAND
Sky **969**, Freesat **969**
4.45-5.15pm Jane Rea's Bloomin' Wild (S)(R)

WALES
Sky **968**, Freesat **968**
12.30pm Villages by the Sea (S)(R) **1.00** LIVE Snooker: The Welsh Open (S) **4.30-4.45** Nigel Slater's Simple Cooking (S)(R) **5.15** Nature's Biggest Beasts (S)(R)(AD) **6.00** SOS: Extreme Rescues (S)(R) **6.30** Weatherman Walking (S)(R) **7.00** LIVE Snooker: The Welsh Open (S) **10.00-11.30pm** NEW Classic Hits in the Piano Room (S)

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **8.00** Stwnsh Sadwrn **10.00** Dreigiau Cadi **10.15** Am Dro! **11.15** Dim Byd i'w Wisgo **11.45** Ffermio **12.15pm** Busnes Bwyd **1.15** Iolo: Natur Bregus Cymru (AD) **2.15** Taith Bywyd (AD) **3.15** Prosiect Pum Mil **4.10** Sgwrs Dan y Lloer **5.00** Sgorio **7.45** Newyddion a Chwaraeon **8.00** NEW Can I Gymru **10.15** Amour & Mynydd **11.15-11.50pm** Après: Amour & Mynydd

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Doctor Who** *Asylum of the Daleks:* 1/16. The Doctor goes on a rescue mission in a terrifying Dalek prison. **7.50** *Dinosaurs on a Spaceship:* 2/16. The Time Lord boards a spaceship full of dinosaurs. (S7)
8.35 **Gavin & Stacey** 7/8. Nessa goes into labour a month early in Barry (S2)
9.05 **Mrs Brown's Boys** 5/6. Agnes sets out to persuade them she is not going senile. **9.35** 6/6. Agnes tries to make friends with Dermot's mother-in-law Hillary. (S2)
10.05 **Two Pints of Lager and a Packet of Crisps** 1/6. Gaz panics after hearing that Donna might be pregnant. **10.35** 2/6. Gaz and Donna manage to ruin Janet's dinner party. (S2)
11.05 **Two Pints of Lager and a Packet of Crisps** (S2)
1.05 AM **RuPaul's Drag Race UK vs the World**
2.10 **Dinosaur** 4&5/6. (S1)
3.10 **Danielle Does Life**
3.25 **to 3.55** AM **Gavin & Stacey**

MORE4

136/137 127 147 18 124 15

8.55 AM **A Place in the Sun**
12.05 PM **Four in a Bed**
2.40 **Come Dine with Me** Five editions from Kent.
5.25 **Four in a Bed** The B&B competition kicks off at 38 St Giles in Norwich. **5.55** The second visit of the week takes the group to the Royal Oak in Kent. **6.25** The third visit to the Fox & Goat in Oxfordshire. **6.55** The final visit of the week is to No 64 at The Joiners in West Malling, Kent.
7.25 **Four in a Bed** The hosts find out who has won.
8.00 **24 Hours in A&E** A patient is admitted suffering from pain in her chest, arm and jaw, while a woman who fell and hit her head complains about headaches.
9.00 **24 Hours in A&E** Anthony is rushed to resus after coming off his motor scooter on his 18th birthday, and doctors are concerned that he has internal bleeding.
10.00 **24 Hours in A&E** Doctors at St George's in south London treat a cyclist who collided with a stampede of deer, and are worried about the extent of blood loss from the puncture wounds.
11.05 **999: On the Front Line**
1.15 AM **24 Hours in A&E**
3.20 **to 3.50** AM **Supermarkets Unwrapped: The Vegan Aisle**

+1 hour 236/237 347 125

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Ostriches in the Race for Survival: Wildlife on One** David Attenborough narrates a look at the life of the ostrich.
7.15 **Meet the Ancestors** Julian Richards investigates the unearthing of a 12th-century chapel in Cheshire.
7.45 **The Good Old Days** With Ken Dodd, Lyn Kennington and the Jan Hunt Panto.
8.30 **Hetty Wainthropp Investigates** *Runaways:* Mayor Makepeace hires Hetty to track down his runaway daughter.
9.20 **The Turkish Detective** 3/8. Ikmen investigates one of Istanbul's richest families. **10.10** 4/8. Leyla begins to remember things from before her accident. (S1)
11.00 **Parkinson**
12.05 AM **Yes, Prime Minister**
12.35 **Keeping Up Appearances**
1.05 **Gareth Edwards' Great Welsh Adventure**
1.35 **The Good Old Days**
2.20 **to 3.10** AM **Hetty Wainthropp Investigates**

E4

135/136 126 106 13 122 13

6.00 AM **Lego Masters Australia**
7.00 **Don't Tell the Bride**
9.00 **Modern Family**
10.25 **Ramsay's Kitchen Nightmares USA**
2.30 PM FILM **Home Alone 3** Family comedy sequel starring Alex D Linz as an eight-year-old boy who foils foreign spies searching for a top-secret computer chip hidden in a remote-control toy car. With Haviland Morris. (1997, PG, 102min) ★
4.30 **The Simpsons** Five episodes.
7.00 **The Simpsons** *Love Is in the N2-O2-Ar-CO2-Ne-He-CH4:* Professor Frink plays matchmaker. **7.30** *Gal of Constant Sorrow:* Bart invites a talented homeless woman to live in his wardrobe. **8.00** *Lisa the Veterinarian:* Lisa decides she wants to be a vet after saving a raccoon. **8.30** *The Marge-ian Chronicles:* Lisa signs up to participate in the future colonisation of Mars.
9.00 **Celebrity Gogglebox** Famous faces appraise the week's biggest TV shows.
10.00 **Gogglebox** *Strictly Come Dancing* and *Educating Yorkshire* are appraised.
11.05 **Gogglebox**
12.10 AM **First Dates**
2.15 **Gogglebox**
4.05 **to 6.00** AM **Don't Tell the Bride**

+1 hr 235/236 306 30 123 256

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

SATURDAY Entertainment

Saturday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
8.00 **Customs UK**
9.00 **Stop, Search, Seize**
10.00 **Caught on Dashcam**
11.00 **Brit Cops: Rapid Response**
12.00 NOON **Caught Red Handed**
2.00 PM **Police 24/7** A traffic accident uncovers a prostitute and drug dealer up to no good.
3.00 Officers respond to a domestic violence call.
4.00 An elderly man suffers a panic attack.
5.00 **Nothing to Declare** Four editions of the documentary.

10.00 Law & Order: SVU

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Nothing to Declare** Double bill of the series accessing the world of national security at Australia's biggest airports.

9 PM
9.00 **Law & Order: Criminal Intent** *Inhumane Society:* 15/16. A boxer is accused of murder. Guest stars Michael B Jordan. (S9)

10 PM
10.00 **Law & Order: Special Victims Unit** *Cornered:* 8/22. Carisi tries to protect two women taken hostage in a stand-off. (S26)
11.00 **The Equalizer** 8/10. (S1)
12.00 M'T **Law & Order: Criminal Intent** 9&10/16. (S9)
2.00 AM **Watson** New episode 3/20. Mystery drama. (S2)
3.00 **Road Wars**
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Fish Town** Double bill.
8.00 **Game of Thrones** (S6)
2.20 PM **Game of Thrones** 1/7. Jon organises the North's defences, and Daenerys comes home.
3.25 2/7. Daenerys receives an unexpected visitor.
4.30 3/7. Jon and Daenerys finally meet, and Sam is confronted for his actions.
5.40 4/7. Jaime and Bronn collect the spoils from the war with the Tyrells.
6.40 5/7. Cersei vows to vanquish anyone or anything that stands in her way. (S7)

9.00 True Detective

7 PM
7.45 **Game of Thrones** *Beyond the Wall:* 6/7. Jon and his men go beyond the wall to capture a white walker, while Daenerys has to make a tough decision. (S7)

9 PM
9.00 **True Detective: Night Country** 5/6. Navarro rescues Leah from a local protest that has turned violent. (S4)

10 PM
10.15 **Under Salt Marsh** 6/6. Jackie and Bull discover the horrifying truth behind the crimes haunting the town. (S1)
11.15 **Euphoria** 7/8. Lexi finally debuts her long-awaited play.
12.25 AM 8/8. Maddy confronts Cassie about her betrayal as all hell breaks loose during Lexi's play. (S2)
1.35 **Game of Thrones** (S7&8)
4.05 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Buying the View**
8.00 **The Only Way Is Essex**
11.00 **Deal or No Deal**
1.05 PM **The Floor**
2.05 **Britain's Got Talent**
3.35 **Celebrity Catchphrase**
4.40 **FILM Trolls** Animation with the voices of Anna Kendrick and Justin Timberlake.
A pair of fuzzy-headed trolls embark on a daring rescue mission when members of their tribe are kidnapped.
(2016, U, 92min) ★★★

9.00 Mr & Mrs Smith

7 PM
6.25 **FILM Jurassic World** Action adventure sequel with Chris Pratt and Bryce Dallas Howard. A safari park for genetically engineered dinosaurs creates a new species – only for it to escape and terrorise the tourists.
(2015, 12, 124min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM
9.00 **FILM Mr & Mrs Smith** Black comedy with Brad Pitt and Angelina Jolie.
A pair of married assassins who are unaware of one another's real professions have 48 hours to kill each other after their covers are blown.
(2004, 15, 120min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.20 **Family Guy** (S10&18)
12.20 AM **American Dad!** (S20&16)
1.20 **Olivia Attwood: Getting Filthy Rich** Olivia discovers the latest innovators in the booming sex industry.
2.15 **Plebs** 1/8. (S2)
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Wycliffe** (S1)
8.10 **Lewis** *The Quality of Mercy.*
10.10 **Agatha Christie's Marple**
12.05 PM **Agatha Christie's Poirot**
1.05 **Rosemary & Thyme** *The Tree of Death:* The duo investigate a churchyard murder.
2.10 **Midsomer Murders** *Bad Tidings:* A Spanish-themed evening ends in murder.
4.10 *The Fisher King:* A womaniser is murdered with an ancient spear.
6.10 *Sins of Commission:* An author is murdered.

1.05 Rosemary & Thyme

7 PM
Midsomer Murders (started at 6.10pm)

8 PM
8.10 **Midsomer Murders** *The Maid in Splendour:* A barman from the Maid in Splendour is shot as he walks near a ruined cottage – and Barnaby's investigation reveals a clash between the landlord and his son. Guest stars William Gaunt.

10 PM
10.10 **Vera** *Black Ice:* The detective investigates when a beloved resident of a coastal community is fatally driven off the road, and realises she has to dig up the victim's past to have any chance of unmasking the killer.
12.00 M'T **Wycliffe** (S4)
1.45 AM **On the Buses**
2.10 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **Football League Legends**
6.15 **The Big Match Revisited**
8.20 **The Sweeney**
9.30 **Racing: The Opening Show**
10.30 **The Big Match Revisited**
11.30 **Cadfael**
1.05 PM **Made in Britain**
1.35 **The Casebook of Sherlock Holmes** Murder mystery.
2.45 **FILM 2001: A Space Odyssey** Stanley Kubrick's sci-fi epic.
(1968, U, 136min) ★★★★★
5.30 **LIVE NHL Ice Hockey** New York Rangers v Pittsburgh Penguins: Face-off is at 5.30.

2.45 2001: A Space Odyssey

7 PM
LIVE **NHL Ice Hockey** (started at 5.30pm)

8 PM
8.00 **Made in Britain**
8.30 **World of Sport**
8.35 **Nine Dart Finishes**
8.50 **Nijinsky's Triple Crown**

9 PM
9.00 **English Football League Highlights** Action from the latest EFL matches, including Coventry City v Stoke City and Charlton Athletic v Wrexham.
10.30 **FILM xXx: Return of Xander Cage** Action thriller sequel starring Vin Diesel and Donnie Yen.
(2016, 12, 107min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.35 AM **Dempsey and Makepeace**
1.30 **The Sweeney**
2.25 **Auto Mundial**
2.50 **Unwind with ITV**
3.30 **to 4.00** AM **Motorsport Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **Sportscene: Premiership Highlights** The latest top-flight action, featuring Hearts v Aberdeen and Dundee v Hibernian.
8.30 **Icons of Football** Frank McAvennie looks back at his career.
9.00 **Greetings from Scotland** 1/2. Documentary taking a humorous look at the early days of the nation's tourist industry.
10.00 **Murder Case: The Hunt for Arlene Fraser's Killer** 1/2. The 1998 disappearance of an Elgin mother-of-two.
11.00 **The Entertainment Mix** Culture and arts news.
11.30 PM **to 12.00** M'T **Best of Chewin' the Fat** Highlights of the comedy sketch show.

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace**
10.30 **Ballers** 3-6/10. (S2)
12.50 PM **Sex and the City**
4.00 **Community** (S1)
6.30 **The Office (US)** 18/25. Michael and Jan reveal their romance.
7.00 19/25. Pam's confession causes problems for Jim.
7.30 20/25. Michael and Dwight join forces to highlight the potential hazards in the workplace.
8.00 21/25. Michael calls a press conference.
8.30 22/25. Michael takes the female staff on a special outing. (S3)
9.00 **Maisie Adam: Appraisal** A hometown show by the comedian at Harrogate Theatre.
10.30 **FILM The Death of Stalin** Political satire with Andrea Riseborough and Jason Isaacs. (2017, 15, 106min) ★★★★
12.30 AM **And Just Like That...**
3.00 **to 5.00** AM **Entourage**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **RSC: All's Well That Ends Well**
8.30 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
12.00 NOON **FILM What's New Pussycat?** Zany comedy. (1965, 15, 108min) ★★★
2.05 PM **The Hollies: Look Through Any Window**
5.00 **Landscape Artist of the Year** The Ouse Valley.
6.00 **Beach Boys: Good Vibrations Tour**
7.00 **Classic Albums**
8.00 **AC/DC: Live at Donington** A 1991 performance by the heavy rock band.
10.30 **AC/DC: Forever Young**
11.45 **Deep Purple: Perfect Strangers**
2.15 AM **Super Duper Alice Cooper** Documentary.
4.00 **Guy Garvey: From the Vaults**
5.00 **to 6.00** AM **Classic Albums**

Sky Mix

151 158 156 11 141 23

6.00 AM **Border Patrol**
8.00 **Border Security USA**
10.00 **Nothing to Declare**
12.00 NOON **Caught on Dashcam** Double bill.
2.00 PM **Caught Red Handed**
4.00 **Africa's Hunters**
5.00 **Africa's Claws and Jaws** Documentary.
6.00 **Africa's Wild Horizons**
7.00 **Kalahari: Land of Secret Alliances** The tactics animals and plants use to survive in the Kalahari desert.
8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.
9.00 **FILM For a Few Dollars More** Sergio Leone's Spaghetti Western with Clint Eastwood and Lee Van Cleef. (1965, 15, 128min) ★★★★
11.30 **Caught on Dashcam**
1.30 AM **Killer in My Village**
2.30 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Game show.
3.00 **In with a Shout** Game show hosted by Joel Dommett.
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Game show hosted by Stephen Mulhern.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **In with a Shout** The Welch family from Northampton and the Nelsons from Southampton try to answer questions, the correct responses to which are hidden in TV screen montages.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show hosted by Warwick Davis.
1.50 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Come Dine with Me**
2.00 PM **A Place in the Sun** Six editions, including at: **7.00** A couple search for a home on the shores of Lake Como.
8.00 **Kirstie and Phil's Love It or List It** A Lothianburn couple cannot agree what to do with their home.
9.00 **Location, Location, Location Revisited** Catching up with two couples who were expecting babies.
10.00 **That's the Way, A-Ha, A-Ha, Joe Lycett** The comedian performs in London's West End.
11.05 **FILM Scream** Horror comedy sequel starring Neve Campbell. (2022, 18, 114min) ★★★★
1.20 AM **Gogglebox**
2.20 **First Dates**
3.20 **The Great Pottery Throw Down**
4.30 **to 4.55** AM **Travel Man: 48 Hours in Trieste**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **FILM Ape vs Mecha Ape** Sci-fi drama with Tom Arnold. (2023, PG, 84min) ★★
1.00 PM **Star Trek: The Next Generation** Five episodes of the sci-fi drama, including at: **4.00** 8/26. The crew members take up leisure pursuits. **5.00** 9/26. Data believes a new life-form is emerging. (S6)
6.00 **Star Trek: Voyager** 8/26. Janeway is haunted by frightening visions. (S2)

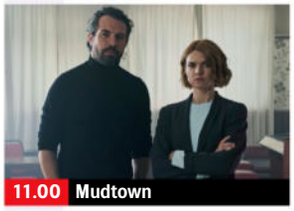
11.00 Ape Vs Mecha Ape

7.00 **Star Trek: Voyager** *Tattoo:* 9/26. Chakotay meets the inhabitants of a distant moon.
8.00 **Star Trek: Voyager** *Cold Fire:* 10/26. An encounter with space-station colonists provides Janeway with a link to the Caretaker.
9.00 **Star Trek: Voyager** *Manoeuvres:* 11/26. The Kazon steal a transporter control module. **9.50** *Resistance:* 12/26. Captain Janeway attempts a jailbreak. (S2)
10.40 **Westworld** *Phase Space:* 6/10. Elsie gets closer to uncovering the truth about Delos. (S2)
11.40 **Westworld** 7/10. Maeve faces a scene from her past. **12.40** AM 8/10. Maeve's life hangs in the balance. **1.40** 9/10. The Man in Black confronts bad memories. **2.40** 10/10. The hosts reach the Valley Beyond. (S2)
4.20 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S9)
10.00 **The Doctor Blake Mysteries**
12.00 NOON **Inspector George Gently** Detective drama.
2.00 PM **Father Brown** Four episodes, including at: **5.00** *The Company of Men:* Lady Felicia's impromptu visit coincides with Father Brown helping out a friend at an exclusive gentlemen's club.
6.00 **Shakespeare & Hathaway: Private Investigators** 5/10. Frank and Lu must track down a vital witness in a trial. (S2)


11.00 Mudtown

7.00 **Shakespeare & Hathaway: Private Investigators** 6/10. Frank and Lu are framed for various crimes. (S2)
8.00 **Father Brown** *The Quill of Osric:* The priest tries to discover the culprit when a novelist is attacked at a crime-writing festival.
9.00 **Death in Paradise** *Murder on the Honore Express:* 1/8. A bus passenger is stabbed – but no one else saw it happen. (S8)
10.00 **Father Brown** *The Enigma of Antigonish:* The priest investigates when a former health spa employee is murdered.
11.00 **Mudtown** 2/6. Pete expands his own investigation. (S1)
12.00 M'T **Father Brown** *The Red Death:* Lady Felicia's lavish New Year ball is ruined when a VIP guest is murdered.
1.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.15 AM **Only Fools and Horses**
12.50 PM **Only Fools and Horses** Rodney ties the knot with Cassandra, while Del tries to dodge a bashing from the dreaded Driscoll brothers. **2.00** Christmas special of the sitcom from 1993. A nagging toothache forces a reluctant Del Boy to visit the dentist. **3.50** Rodney begins attending a course at night school. **4.55** Dodgy dealer Del Boy faces an explosive situation. **6.00** A retired jeweller offers Del Boy the deal of a lifetime.

7.10 Only Fools and Horses

7.10 **Only Fools and Horses** Rodney wins a holiday at a five-star hotel in Majorca, but cannot understand why the trip is for three people.
8.20 **Victoria Wood as Seen on TV** Angela Barlow finds out What Went Wrong with Charles Dickens.
9.00 **dinnerladies** Tony considers asking Bren to join him on a trip to Spain.
9.40 **Victoria Wood as Seen on TV** Three divorcées share an apartment in the Upper East Side.
10.20 **Only Fools and Horses** Del Boy's beloved mother apparently makes contact during a seance at the Nag's Head.
11.40 **Only Fools and Horses**
2.35 AM **Ghosts** A luxury hotel chain makes Mike and Alison a tempting offer.
3.20 **to 4.00** AM **Victoria Wood as Seen on TV**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **James May: My Sisters' Top Toys** A celebration of toys through the decades.
8.00 **Hairy Bikers' Best of British**
9.00 **Rick Stein's Spain**
10.00 **Top Gear** Double bill.
12.00 NOON **World's Most Dangerous Roads**
2.00 PM **Motorhoming with Merton & Webster**
3.00 **Would I Lie to You?**
5.40 **Would I Lie to You? At Christmas** Festive special.
6.20 **Would I Lie to You?** With Rhod Gilbert and Ellie Taylor.

9.00 I'm Alan Partridge

7.00 **Richard Osman's House of Games** Triple bill of the quiz show. Stephen Bailey, Amanda Lamb, Nick Moran and Crystelle Pereira test their general knowledge skills in a variety of trivia-based games
9.00 **I'm Alan Partridge** First-ever episode. Alan tries to save his career. **9.40** Alan must choose between sacking all his staff or keeping a few on but downgrading his car. **10.20** Alan insults Norfolk's farmers with insensitive on-air remarks.
11.00 **Not Going Out** Lee and Lucy try to maintain their romance. **11.40** Lucy criticises Frank's abilities as a babysitter.
12.20 AM **Not Going Out**
1.00 **QI** With Tom Allen.
1.40 **Meet the Richardsons**
3.25 **to 4.00** AM **Mock the Week**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.05 AM **Birds of a Feather**
8.45 **Lovejoy**
12.15 PM **Father Brown**
1.15 **New Tricks**
3.55 **Jonathan Creek** *The Problem at Gallows Gate – Part Two:* Jonathan and Maddy try to prove their innocence.
5.00 **The Marlow Murder Club** 1/6. A wealthy baronet dies alone in his study the day before his wedding. **6.00** 2/6. As the alibis stack up, Judith, Becks and Suzie are pushed to their limits. (S2)

5.00 The Marlow Murder Club

7.00 **The Brokenwood Mysteries** *Old Blood Money:* 2/6. Mike and the team discover more than one dead body – and a significant amount of family rivalry – in the manor home of a pair of ageing siblings. (S9)
9.00 **Whitechapel** 3/6. Part one of two. Chandler and the team try to identify a murder victim. (S3)
10.00 **The Inspector Lynley Mysteries** *A Cry for Justice:* Havers goes undercover after a murder at an exclusive club.
12.00 M'T **New Tricks** *Left Field:* A notorious paedophile confesses to the murder of a child 25 years previously.
1.20 AM **Sister Boniface Mysteries**
2.25 **Birds of a Feather**
2.55 **to 4.00** AM **Queens of Mystery**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Cops** Documentary.
9.20 **Blue Bloods** (S7)
2.00 PM **NCIS: Los Angeles** Seven episodes of the drama, including at: **6.00** *LD50:* 14/24. Five men are killed by a lethal toxin that could be used as a bioweapon. **7.00** *The Bank Job:* 15/24. Money stolen by a terrorist group in Iraq is used to set up a bank robbery in Los Angeles. **8.00** *Chinatown:* 16/24. A lieutenant commander's death arouses suspicion. (S1)
9.00 **Instinct** *One-of-a-Kind:* 6/11. A victim's body is found in the middle of a street artist's piece of work. (S2)
10.00 **Law & Order: Special Victims Unit** (S21)
1.45 AM **Law & Order: Criminal Intent** (S5)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

7.55 AM **Entertainment News**
8.10 **Home and Away**
9.45 **Shoplifters: Caught Red Handed** Double bill.
11.45 **Nightmare Tenants, Slum Landlords**
3.45 PM **Rogue Claimers**
4.45 **FILM The Wedding Planner** Comedy with Jennifer Lopez. (2001, PG, 103min) ★★★
6.55 **FILM Mirror Mirror** Fantasy comedy starring Julia Roberts. (2012, PG, 101min) ★★★
9.00 **FILM Fifty Shades Freed** Thriller sequel starring Dakota Johnson. (2018, 18, 105min) ★
11.05 **Swingers: Couples Wanted!** Documentary.
12.05 AM **Adults Only: Wannabe Porn Stars**
1.05 **You Be the Judge: Crime & Punishment**
2.35 **Forensics: Murder Scene**
3.50 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Police Interceptors**
12.00 NOON **Motorway Cops: Catching Britain's Speeders** Five editions, including at: **3.00** PM Officers deal with a speeding driver. **4.00** A driver refuses to stop for PC Brian Camsell and ditches his car, attempting to make a run for it.
5.00 **FILM Ride the High Country** Western starring Randolph Scott and Joel McCrea. (1961, PG, 93min) ★★★★
6.55 **FILM Valdez is Coming** Western adventure starring Burt Lancaster and Susan Clark. (1970, 15, 86min) ★★★
9.00 **FILM The Taking of Pelham One Two Three** Crime thriller starring Walter Matthau and Robert Shaw. (1974, 15, 104min) ★★★★
11.10 PM **to 4.00** AM **Banged Up Abroad**

U&W

132/133 131/133 125 25 156 28

6.10 AM **The Bill**
11.00 **Tipping Point**
3.00 PM **999 Rescue Squad** Four editions of the series, including at: **6.00** The team are called to rescue the victims of a major crash involving a taxi.
7.00 **Nurses on the Ward** Matron Hazera assesses a deep tissue injury, while Kat cares for a man in pain after kidney stone surgery. **8.00** Matron Hazera is called to save a person standing on the edge of a building.
9.00 **The Catherine Tate Show** Triple bill.
11.00 **Ambulance Australia**
12.00 M'T **Louis Theroux: Transgender Kids**
1.00 AM **Louis Theroux's Altered States**
2.00 **to 3.00** AM **Michael McIntyre's The Wheel**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great American Railroad Journeys**
8.00 **Flipping Bangers**
12.00 NOON **Great American Railroad Journeys**
2.00 PM **Canal Boat Diaries**
4.00 **Equator** Triple bill.
7.00 **Classic Car Kings**
8.00 **Bangers & Cash** A Morris 1000 finds a new home with a 10-year-old superfan.
9.00 **Bangers & Cash: Restoring Classics** A 1973 Ford Escort Mexico becomes the team's most expensive purchase to date.
10.00 **Bangers & Cash** Derek picks up some 'emerging' sporting classics from the Far East. **11.00** Derek auctions off some vehicles that were used in the TV show *Heartbeat*.
12.00 M'T **to 3.00** AM **Bangers & Cash**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Sicily.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **The Yorkshire Auction House** Triple bill.
1.00 PM **Antiques Road Trip**
6.00 **Money for Nothing** Transforming a record cabinet and wire mesh. **7.00** A sofa and two tables are transformed. **8.00** Transforming a table, a record player and a farmhouse chair.
9.00 **My Lottery Dream Home** Double bill.
10.00 **Celebrity IOU** New edition Actor Eva Longoria teams up with Jonathan and Drew Scott to transform her best friend's living spaces.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

SATURDAY Entertainment

Saturday

Great! TV

157 167 170 34 32

8.10 AM **Little House on the Prairie** 13-17/24. (S8)
2.00 PM **Little House on the Prairie** Seven episodes of the series, including at: **6.00** *He Was Only Twelve – Part Two:* 23/24. James's life hangs in the balance. (S8) **7.00** *Times Are Changing – Part One:* 1/22. Charles bids a tearful farewell to Laura. **8.00** *Times Are Changing – Part Two:* 2/22. Jenny's father dies. (S9)
9.00 **Ruth Rendell Mysteries: A Case of Coincidence** Drama starring Keith Barron. A girl's body is found in the Fens and the investigation takes a complicated turn for Inspector Masters.
11.15 **Rumpole of the Bailey**
1.35 AM **Home to Roost**
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.10 AM **Tombstone Territory**
9.40 FILM **Kentucky Rifle** Western. (1956, U) ★★
11.30 FILM **Seminole Uprising** Western. (1955, PG) ★★
1.00 PM FILM **When the Daltons Rode** Western. (1940, b/w, PG) ★★
2.50 FILM **The Wild and the Innocent** Western. (1959, PG, 84min) ★★
4.45 FILM **Showdown** Western drama. (1963, b/w, PG, 79min) ★★
6.35 FILM **Death Rides a Horse** Spaghetti Western. (1969, 15, 111min) ★
9.00 FILM **Rambo** Action drama sequel. (2008, 18, 90min) ★★★
10.55 FILM **Black Water** Thriller. (2018, 15) ★★
1.10 AM **The Baron**
3.05 **Police Ten 7**
3.30 FILM **Seattle Superstorm** Thriller. (2012, PG, 95min) ★★
5.00 **to 6.00** AM **Police Ten 7**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.00 AM **Police Ten 7**
8.30 **Diagnosis Murder**
9.30 FILM **Framed for Murder** Crime thriller. (2022, 12, 85min) ★★
11.25 **The Chronicle Mysteries: Deep End**
1.20 PM FILM **Truth Be Told** Drama. (2015, PG) ★★
3.15 FILM **If Wishes Were Horses** (2007, PG) ★★
5.10 **Hailey Dean Mysteries**
7.05 FILM **An Aurora Teagarden Mystery: The Julius House** Thriller. (2016, PG, 90min) ★★
9.00 FILM **Murder 101: Locked Room Mystery** Drama. (2008, PG) ★★
10.55 FILM **Garage Sale Mysteries: The Art of Murder** (2017, PG) ★★
12.50 AM FILM **Secrets at the Lake** (2019, PG) ★★★
2.30 FILM **Staged Killer** Thriller. (2019, 12) ★★
4.00 **to 5.00** AM **Sue Thomas: F.B.Eye**

+1 hour 322

Great! Romance

319 317 424 52 47

8.00 AM FILM **Sincerely, Yours, Truly** Drama. (2020, PG, 90min) ★★
10.05 FILM **A Honeymoon to Remember** Drama. (2021, PG, 85min) ★★
12.00 NOON FILM **The Royal Bake Off** Romance. (2023, PG, 90min) ★★
2.00 PM FILM **Wedding of Dreams** Drama. (2018, PG, 85min) ★★
3.55 FILM **A Very Country Wedding** Drama. (2019, PG, 90min) ★★
6.00 FILM **Wedding at Graceland** Drama sequel. (2019, PG, 90min) ★★
8.00 FILM **Wedding Season** Comedy. (2023, U) ★★
9.50 FILM **Love By Design** Drama. (2023, PG) ★★
11.45 FILM **Sweet Home Carolina** Drama. (2017, PG, 84min) ★★
1.50 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **Listen Out for Love** (2022) ★★

+1 hour 320

Together TV

170 136 83 162

11.00 AM **Rick Stein's Food Stories** From London.
11.45 FILM **Gloves Off** Drama. (2016, 12, 98min) ★★
1.45 PM FILM **The Magnificent Seven Deadly Sins** Comic sketches spoofing the Seven Deadly Sins. (1971, PG, 104min) ★★★
4.00 FILM **Waking Ned** Whimsical Irish comedy. (1998, PG, 91min) ★★★
6.00 FILM **The Assassination Bureau** Comedy thriller. (1968, PG, 110min) ★★★
8.15 FILM **Skyfire** Thriller. (2019, 12, 97min) ★★★
10.15 FILM **Sex and the Other Woman** Comedy. (1972, 18, 105min) ★★
12.00 M'T FILM **Some Like It Sexy** Erotic comedy. (1969, 18, 65min) ★★
1.45 AM **Musketeer**
2.00 FILM **Caught in the Act** Comedy. (1997, PG) ★★
4.00 **to 5.00** AM **Me and My Affair**

Rewind TV

182 81 141

6.00 AM **Sherlock Holmes**
7.30 **The Top Secret Life of Edgar Briggs**
9.00 **The Fenn Street Gang**
10.30 **The Dustbinmen**
12.00 NOON **The Champions**
1.00 PM **Boon** 6/13. (S3)
2.00 **Wish Me Luck** (S2)
5.00 **The Fenn Street Gang**
6.00 **The Champions** (S1)
7.00 **The Top Secret Life of Edgar Briggs** (S1)
8.00 **Boon** 6/13. (S3)
9.00 **The Man Who Made Husbands Jealous** 2/4. Rannaldini draws closer to Flora. (S1)
10.05 FILM **Mission Killfast** Action adventure starring Tiger Yang. (1991, 18, 97min) ★★
12.05 AM **Stereo Underground**
1.05 FILM **Orgy of the Dead** Horror with Fawn Silver. (1965, 18, 90min) ★★
2.55 **Mysterious Tales**
3.00 **Dark Skies**
5.00 **to 6.00** AM **Stereo Underground**

DMAX

158 151 169 39 147 35

6.00 AM **Deadliest Catch**
10.00 **Outback Opal Hunters**
1.00 PM **Outback Crystal Hunters** Triple bill.
4.00 **Aussie Gold Hunters**
7.00 **Hoarding: Buried Alive** A woman whose dolls are a cause for concern. **8.00** A woman whose hoard has broken up her marriage seeks help.
9.00 **Paranormal: Caught on Camera** Paranormal investigators capture a shadowy figure in a haunted Nevada prison.
10.00 **Ghost Adventures** The crew investigate an Arizona high school. **11.00** The crew unlock the dark secrets entombed in the walls of an old school.
12.00 M'T **Unexplained: Caught on Camera**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 258 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Barefoot Contessa: Back to Basics**
11.00 **Nadiya Bakes**
1.00 PM **James Martin's French Adventure**
3.00 **Mary Berry: Cook & Share** Double bill.
4.00 **Mary Berry Everyday**
7.00 **Secret Eats with Adam Richman** Double bill.
8.00 **Adam Richman Eats Italy** Adam is in Turin to taste the iconic foods named after the city. **8.30** Adam samples iconic foods in Genoa, including a fish stew.
9.00 NEW SERIES **Diners, Drive-Ins and Dives** Guy Fieri fills up on fresh pasta in Chicago. **9.30** New edition Guy digs into delicious dumplings in Dallas.
10.00 PM **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

7.00 AM FILM **Zodiac: Signs of the Apocalypse** Sci-fi disaster movie. (2014, PG, 90min) ★
9.00 **The Invaders** (S1&2)
2.00 PM FILM **Sinbad and the Eye of the Tiger** Fantasy adventure. (1977, U, 108min) ★★★
4.10 FILM **Earthquake** Disaster movie. (1974, PG, 129min) ★★★
6.30 FILM **Western World** Western with Greg Steele. (2017, 12, 78min) ★★
8.00 **The Twilight Zone** (S4)
9.00 FILM **Death Race** Sci-fi thriller remake starring Jason Statham. (2008, 15, 105min) ★★★
11.10 FILM **Drive Angry** Thriller starring Nicolas Cage. (2011, 18, 104min) ★★★
1.15 AM FILM **Deepstar Six** Monster chiller. (1988, 15, 100min) ★★
3.15 **to 5.00** AM FILM **Acceleration** Adventure. (2019, 15, 85min) ★★

Legend Xtra

317 316 171 69 138 51

9.00 AM **The Twilight Zone**
10.00 **The Gambler V: Playing for Keeps**
12.00 NOON **The Gambler V: Playing for Keeps**
2.00 PM FILM **The People That Time Forgot** Fantasy adventure sequel starring Patrick Wayne and Doug McClure. (1977, U, 96min) ★★
4.00 **The Lost World** (S2)
9.00 FILM **Drive** Film-noir thriller starring Ryan Gosling and Carey Mulligan. (2011, 18, 100min) ★★★★★
11.00 FILM **Precious Cargo** Thriller starring Claire Forlani and Bruce Willis. (2016, 15, 87min) ★★
1.00 AM FILM **Drive** (2011)
3.00 FILM **Riddles of the Sphinx** Adventure starring Dina Meyer. (2008, 12, 89min) ★★
5.00 **to 6.00** AM **The Twilight Zone**

+1 hour 318 371 139

Blaze

156 169 174 64 161 41

6.00 AM **Hardcore Pawn**
8.20 **Pawn Stars**
10.10 **Alien Disclosure Files**
11.10 **UFO POV**
12.05 PM **Encounter: UFO**
1.05 **The Proof Is Out There**
3.05 **What on Earth?**
6.00 **History's Greatest Mysteries** Triple bill of editions, including at: **8.00** The loss of an English settlement in the New World.
9.00 **Holy Marvels with Dennis Quaid** The actor considers how history is full of remarkable stories of acts committed in the name of revenge.
10.00 **Clash of Ancient Warriors** The Battle of the Catalaunian Plains, fought in 451.
11.00 **The UnXplained with William Shatner**
1.00 AM **Strangest Things**
2.00 **UFO Files** Triple bill.
5.00 **to 6.00** AM **Alien Files: Unsealed**

5SELECT

153 166 138 46 133 30

9.00 AM **Murder, She Wrote**
1.00 PM **Murder, She Wrote** Six episodes, including at: **6.00** *Death 'n' Denial:* Jessica tries to clear a friend who has been implicated in the theft of a priceless Egyptian relic.
7.00 **Abandoned Engineering** A village ruin that is now pitted and scarred.
8.00 **Battle Front: WWII Road to Victory** The attack by the Allies on the German-occupied port of Dieppe, France. **8.30** A look at how the Soviet Red Army turned the tables on the German Army.
9.00 **Countdown to War** The days leading up to World War Two. **10.00** Anxiety builds across Britain as war becomes inevitable. **11.00** The first British casualties are recorded.
12.00 M'T **to 4.00** AM **Wentworth Prison**

Challenge

130/131 116/117 139 48 142 43

7.00 AM **The Chase**
9.00 **Dickinson's Real Deal**
11.00 **Blockbusters**
12.00 NOON **Celebrity Catchphrase**
1.00 PM **Tenable** Quiz show.
2.00 **Lily Savage's Blankety Blank** Triple bill.
4.00 **The Chase** Quiz show.
5.00 **The Chase Celebrity Special** Geoff Hurst, Hayley Tamaddon, Rob Beckett and Gaby Roslin compete for charity. **6.00** With Scott Mills, Sunetra Sarker, Anthony Ogogo and Johnny Ball.
7.00 **The Chase** Double bill.
9.00 **The Chase Celebrity Special** Joe Pasquale, Janet Street-Porter, Mark Durden-Smith and Austin Healey take part.
10.00 **The Chase** Quiz show.
11.00 **Bullseye** Six editions.
2.00 AM **The Chase**
4.00 **The Chase Celebrity Special** Quiz show.
5.00 **to 6.00** AM **The Chase**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Young Sheldon**
10.00 **Georgie and Mandy's First Marriage**
11.00 **The Big Bang Theory**
7.00 PM **The Big Bang Theory** 6/24. Howard causes trouble by dressing up as Sheldon. **7.30** 7/24. Bernadette turns the playhouse into a hideaway from her husband and children. **8.00** 8/24. Sheldon bonds with Amy's father. **8.30** 9/24. Bernadette wants to beat Howard in a video game. (S12)
9.00 FILM **Zoolander 2** Comedy sequel starring Ben Stiller, Owen Wilson and Penélope Cruz. (2016, 12, 102min) ★★★
11.00 **Mock the Week**
12.00 M'T **Young Sheldon**
1.00 AM **Dr Pimple Popper**
2.00 **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Stupid Central**
9.00 **Impractical Jokers**
11.00 **Friends** (S1&2)
9.00 PM **Jeff Dunham: Me the People**
10.00 FILM **Zombieland: Double Tap** Horror comedy sequel starring Woody Harrelson, Jesse Eisenberg, Emma Stone and Abigail Breslin. (2019, 15, 99min) ★★★
12.00 M'T **Lee Evans: Roadrunner** Stand-up.
1.00 AM **8 Out of 10 Cats Uncut** Panel show.
1.50 **8 Out of 10 Cats: Best Bits** Highlights.
2.40 **Whose Line Is It Anyway? USA**
3.10 **Dragony Aunts**
3.25 **Rosie Jones Tries to Help** Harriet Kemsley.
3.30 **Jimmy Carr's Am I the A**hole?**
4.15 **to 5.00** AM **Comedy Game Night**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S2)
7.00 **Teleshopping**
9.00 **Friends** (S1&2)
11.00 **Michael McIntyre's Big Show** As 6.00pm.
12.00 NOON **Everybody Loves Raymond** (S2)
6.00 PM **Michael McIntyre's Big Show** With Nile Rodgers and Chic.
7.00 **Everybody Loves Raymond** (S3)
9.00 **Friends** 3/24. The gang's neighbour dies. **9.30** 4/24. Phoebe reveals she is married. **10.00** 5/24. Ross celebrates his birthday. **10.30** 6/24. Monica accidentally poisons Ross. With Chrissie Hynde. (S2)
11.30 **Friends** 8-12/24. (S2)
2.00 AM **New Girl** (S3)
3.00 **South Park** (S11&12)
4.30 **Iain Stirling's Roast the Internet**
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **That's 60s: Best Music Live!**
8.10 **Dick Emery** (S10)
8.45 FILM **Bless This House** Big screen spin-off starring Sidney James and Diana Coupland. (1972, U, 89min) ★★
10.35 **Rising Damp** (S1&2)
3.45 PM **Steptoe and Son**
7.55 **Minder** 3/8. A strike causes trouble for Arthur and Terry. (S6)
9.00 **Benidorm** 2/7. The guests take part in a dance contest. (S5)
10.00 **Shameless** 8/8. (S4)
11.30 **Man About the House**
12.00 M'T **Benidorm** 2/7. (S5)
1.00 AM **Minder** 3/8. (S6)
2.05 **Till Death Us Do Part**
2.35 **Man About the House**
3.00 **Duty Free** 2/7. (S1)
3.25 **The Osbournes** (S2)
3.45 **That's 60s: Best Music Live!**
4.00 **Nearest and Dearest**
4.50 **to 6.00** AM **Trainspotting**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **Teen Mom 2**
8.00 **16 and Pregnant**
1.00 PM **Catfish: The TV Show** Eight editions of the series, including at: **8.00** Nev and Devyn Simone investigate elusive TikToker Elise.
9.00 **True Life Crime UK** The shocking truth surrounding the attack on Conner Marshall, who was found beaten almost to death near a beach in south Wales.
10.00 **Skin A&E** A bass player has a lump on his forehead that gives him a perpetual headache.
11.00 **Help! I'm in a Secret Relationship!**
12.00 M'T **Caught in the Act: Unfaithful** New edition
1.00 AM **Black Ink Crew New York** Double bill.
2.45 **Catfish: The TV Show**
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **Expedition X**
12.00 NOON **Gold Rush** Rick balks at the terms for his new claim. **1.00** PM Parker pushes Mitch to deliver Sulphur Creek gold. **2.00** Parker looks for the weakest link in his crew. **3.00** Tony hunts down an insubordinate crew member. **4.00** Rick is rocked by some surprising news. **5.00** Kevin recoils when Parker shows up to collect his money. **6.00** Tony's crew defect to Parker, leaving him to rely on less experienced operators.

6.00 Expedition X

7.00 **Scrapyard Dynasty** Terry and Lyndsay take a break in the Lake District, where Lyndsay has a surprise in store.
8.00 **Secrets Underground** Rob Nelson heads to Lake Michigan to investigate an unexplained Bermuda Triangle-like phenomenon.
9.00 **Ed Stafford's Rite of Passage** In Brazil, Ed endures the painful bullet-ant ceremony.
10.00 **Expedition Unknown** Josh Gates dives the Baltic's icy waters to find a revolutionary Nazi sub – the V-80.
11.00 **Expedition Files** Two climbers vanish into legend atop Mount Everest.
12.00 M'T **Moonshiners** Digger and Mark spot an unmarked vehicle surveilling their barrel house.
1.00 AM **Moonshiners**
3.00 **to 5.00** AM **Street Outlaws: Locals Only**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **Alaska: Homestead Rescue** Misty enlists her family to build a predator-proof chicken coop. **4.00** Misty plots a greenhouse to feed three generations.
5.00 **Treehouse Masters** Pete Nelson builds a five-platform structure for a nature reserve.
6.00 **Preposterous Pets** The story of an obsessive fan of lizards.

7.00 How Do Animals Do That?

7.00 **How Do Animals Do That?** A look into why cows are always chewing. **7.30** The experts reveal why dogs bury bones.
8.00 **Extinct or Alive** Forrest Galante travels to the remote Galapagos Islands in search of the fabled Fernandina tortoise.
9.00 **Alaskan Bush People: Bushcraft Chronicles** The Browns revisit some of their best hunting expeditions.
10.00 **Tanked** Wayde and Brett build two aquariums inside MMA fighter Urijah Faber's new gym.
11.00 **Alaska: The Last Frontier** The fall cattle round up takes an electrifying turn, while Atz Sr takes Bonnie on an epic hunting date.
12.00 M'T **Edge of Alaska**
2.00 AM **The Haunted**
3.00 **Extinct or Alive**
4.00 **to 5.00** AM **The Zoo**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Ultimate Supercar**
9.00 **Car S.O.S** Triple bill.
12.00 NOON **Engineering Europe**
1.00 PM **Air Crash Investigation**
2.00 **Gladiators: Warriors of the Ancient World**
3.00 **Bloody Tales of the Tower** Triple bill, including at: **5.00** The deaths of Anne Boleyn, Catherine Howard and Lady Arabella Stuart.
6.00 **Air Crash Investigation** The pilots of a New Zealand turboprop pull off a remarkable wheels-up landing.

9.00 Sneaker Wars

7.00 **Air Crash Investigation** In 1992, the pilots of Trans-Air 671 manage a miraculous landing at a French military airfield.
8.00 **Air Crash Investigation** Reconstructing the forced landing at sea of a plane flying from Italy to Tunisia in 2005.
9.00 NEW SERIES **Sneaker Wars: Adidas v Puma** 1/3. Experts, athletes and insiders reflect on the decades-long rivalry.
10.00 **Sneaker Wars: Adidas v Puma** New edition 2/3. Puma brings bold style to New York Fashion Week, while Adidas partners with Kanye West.
11.00 **Sneaker Wars: Adidas v Puma** Series finale 3/3. Bjorn Gulden's move from Puma to Adidas shocks many.
12.00 M'T **Air Crash Investigation** Triple bill of the documentary.
3.00 **to 5.00** AM **Inside Airport Lost & Found**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Ancient Aliens: Origins**
8.00 **Full Custom Garage**
10.00 **The Curse of Oak Island**
11.00 **Storage Wars** Six editions.
2.00 PM **Digging for Britain** Finds across the east of Britain. **3.00** Archaeological finds across the north of Britain. **4.00** Alice Roberts visits digs in the west of Britain.
5.00 **Britain's X Files** Revealing government investigations into the paranormal.
6.00 **Gold Wars Downunder** Donnie and Ronnie clash.

5.00 Britain's X Files

7.00 **Beyond the Myth: The SS Unveiled** The SS Death Head's Unit, which was tasked with guarding concentration camps.
8.00 **Beyond the Myth: The SS Unveiled** A look into the cult surrounding 'old comrades' that still remains today.
9.00 **Nazi Murder Mysteries** The police's attempts to catch a killer who struck fear into women travelling on Berlin's train network.
10.00 **Nazi Murder Mysteries** The skeleton of an unknown woman is found in a hollowed-out tree in Birmingham woodland.
11.00 **Hells Angels: Kingdom Come** How the death of Greg Woolley coincided with the rise of a new king.
12.00 M'T **Full Custom Garage** Ian Roussel embraces a more conservative lifestyle. **1.00** AM Ian goes back in time for a movie car build.
2.00 **Digging for Britain**
5.00 **to 6.00** AM **Britain's X Files**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **Discovering: Michelle Pfeiffer** A profile of the actor.
7.00 **Discovering: Mel Gibson**
8.00 **The Directors**
9.00 FILM **Ice on Fire** Documentary. (2019, PG, 88min) ★★★★
11.00 NEW **Beyond the Scorecard** An amateur golfer attempts to break the world record for most courses played in a year.
1.00 PM **Queen of Speed**
3.00 **Natalie Wood: What Remains Behind**
5.00 **I'm Chevy Chase and You're Not** The career of the actor.

5.00 I'm Chevy Chase and...

7.00 **Super/Man: The Christopher Reeve Story** A profile of the actor who rose to fame after starring in the 1978 film *Superman*, but was paralysed from the neck down in 1995 after a horse-riding accident.
9.00 **My Mom Jayne** Actor Mariska Hargitay explores the life of her mother Jayne Mansfield, who died in a car accident at the age of 34 when Mariska was only three years old.
11.00 **Belushi** The life story of comedy star John Belushi.
1.00 AM **Manhunt: The Search for Bin Laden** Documentary exploring CIA investigations into Osama bin Laden and the al-Qaeda terrorist network.
3.00 **The End of the Storm** The story of Liverpool Football Club's 2019/2020 season.
5.00 **to 6.00** AM **The Directors**

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Chasing Classic Cars**
8.00 **Wheeler Dealers**
9.00 **MotoGP** Highlights.
10.00 **Wheeler Dealers**
3.00 PM **Shed and Buried**
7.00 **Richard Hammond's Workshop** Things appear to be on the up when the team land a prestigious Morgan job.
8.00 **The Repair Shop** A tiny but treasured bicycle is in need of Dominic's expertise in metalwork. **9.00** The experts repair a camera, a toy rabbit and a draughts board.
10.00 **The Yorkshire Auction House** Angus Ashworth unearths vintage toys.
11.00 **Outback Opal Hunters**
12.00 M'T **Treasure Hunters Down Under**
1.00 AM **Curse of the Bermuda Triangle**
3.00 **to 5.00** AM **How It's Made**

+1 hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

6.00 AM **Animal Cops Detroit**
7.00 **Forensic Detectives**
9.00 **FBI Files** Double bill.
11.00 **The Killer in My Family**
12.00 NOON **Forensic Detectives** Triple bill.
3.00 PM **Caught in the Net**
5.00 **Evil Online** Four editions of the series, including at: **8.00** A teenager goes missing after meeting a man via a dating app.
9.00 **The Friday the 13th Murders** New editions A young woman vanishes into a patrol car. **10.00** After a call on Friday the 13th, José Herran disappears.
11.00 **Faking It: Tears of a Crime** The story of how Luke Harlow imprisoned a girl in his flat before Stephen Beadman raped and murdered her.
12.00 M'T **American Monster**
2.00 **to 4.00** AM **Murder on CCTV**

+1 hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
6.05 **Forensic Factor** A doctor calls 911 saying his wife is bleeding profusely. **7.00** A caretaker notices something unusual while on his way to work. **8.00** A millionaire boards a commercial flight in New York City and disappears.
9.00 **Murder UK** The case of Jayden Parkinson, who was just 17 when she vanished shortly before Christmas. **10.00** Patients of respected GP Harold Shipman begin dying in unusually high numbers. **11.00** The case of Hull woman Vera Hudson. **12.00** M'T The story of Gary Cunningham.
1.00 AM **Forensic Factor**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Medical Detectives**
12.00 NOON **48 Hours**
3.00 PM **Facing Evil** The case of Earl Linebaugh and Melissa Harris, who were sentenced to life after the murder of an elderly woman and her carer. **3.30** The case of young mother Alexandra Tobias, who was found guilty of shaking her three-month old baby Dylan to death.
4.00 **Murder: Point of Contact** The murder of eight-year-old Jamie Lavis in 1997. **5.00** Christopher Birks and his children escape a fire, but his wife Amanda doesn't.
6.00 **Judge Judy** Back-to-back real-life small-claims cases.
2.00 AM **Murder: Point of Contact** Double bill.
4.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Stop, Search, Seize**
7.00 **A1: Britain's Longest Road** Double bill.
9.00 **Caught on Dashcam**
10.00 **Police 24/7**
1.00 PM **World's Most Evil Killers** Double bill.
3.00 **Killer in My Village**
5.00 **Britain's Most Evil Killers** Triple bill.
8.00 **Forensics: Catching the Killer** An investigation into the death of a Lithuanian immigrant.
9.00 **Murder in the Alps** 1-3/3. Documentary exploring a murder case that has gone unsolved for 10 years.
12.00 M'T **The Real CSI: Miami**
1.00 AM **How I Caught the Killer** Documentary.
2.00 **World's Most Notorious Killers**
3.30 **Highway Cops**
4.00 **to 6.00** AM **Motorway Patrol**

+1 hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **Walking with the Ancients** As 10.15pm.
9.40 **Forts of Verdun**
10.50 **Verdun: The Battle of the Great War**
11.55 **America's Great War 1917-1918** Documentary.
1.00 PM **The Lost Colony of Roanoke** 1 &2/2.
3.00 **Bronze Age Apocalypse**
5.00 **Walking with the Ancients** Documentary.
6.50 **America's Great War 1917-1918** Documentary.
7.55 **Forts of Verdun**
9.05 **Verdun: The Battle of the Great War** An in-depth look at what became the bloodiest battle of World War One.
10.15 **Walking with the Ancients** Archaeologist Ciprian Ardelean finds evidence of humans in America far earlier than originally thought.
12.00 M'T **Forts of Verdun**
1.15 **to 2.00** AM **Weathered: Earth's Extremes**

SATURDAY

Saturday

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Dogs with Extraordinary Jobs** Double bill of editions.
8.00 **Great Parks of Africa**
10.00 **Impossible Animals**
12.00 NOON **Extraordinary Animals**
1.00 PM **My Best Friend's an Animal**
2.00 **Hotspots: The Last Hope**
4.00 **The Secret Life of the Hermit Crab** Documentary.
5.00 **David Attenborough's Conquest of the Skies**
8.00 **Battle of the Alphas** Footage of striped marlins spearing unsuspecting prey. **8.30** Tasmanian devils get into food fights with rivals, and dung beetles roll over the competition.
9.00 **Super Shark Highway** A look at whether Greenly Island is popular with great whites.
10.00 **13 Hours to Survive** A look at sea animals' fight for survival. **11.00** Sea animals fight for survival as the ocean recedes.
12.00 M'T **Battle of the Alphas**
1.00 AM **Super Shark Highway**
2.00 **Impossible Animals**
4.00 **to 6.00** AM **Great Parks of Africa**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Combat Ships**
11.00 **Britain's Lost Battlefields with Rob Bell** Double bill.
1.00 PM **Secrets of Great British Castles** Arundel Castle.
2.00 **Ancient Aliens**
4.00 **Egypt's Unexplained Files**
5.00 **Treasures Decoded**
6.00 **History's Greatest Mysteries**
7.00 **The Egyptian Book of the Dead** A version of the ancient text once buried with a scribe.
9.00 **The Sound and the Fury** Key events of World War Two, beginning with Germany invading Poland, and touching on Japan's expansion in Asia.
10.00 **WWII Battles in Colour** The most important battles of the European theatre.
11.00 **Ancient Aliens** Double bill.
1.00 AM **Behind History**
2.00 **Inside the Tower of London**
3.00 **The Abyss: Rise & Fall of the Nazis** Documentary.
4.00 **Hitler's Coup 1923**
5.00 **to 6.00** AM **The Secret Nazi Expeditions**

Discovery Science

167 148 179

8.00 AM **Blowing Up History**
10.00 **How It's Made**
12.00 NOON **How Do They Do It?**
2.00 PM **How the Universe Works**
5.00 **NASA's Unexplained Files**
6.00 **How It's Made** Moccasins and electronic-impact drills. **6.30** Creating kimchi and traditional parquet floors. **7.00** Raw pet food and replica police lanterns. **7.30** The development of calissons and diving watercrafts.
8.00 **Paranormal Declassified** Paul examines rumours of a secret US military program. **9.00** What could happen if there was a zombie apocalypse.
10.00 **Curse of the Bermuda Triangle** Investigating one of the strangest disappearances from the Bermuda Triangle. **11.00** Experts use technology to search for ghost ships.
12.00 M'T **In Search of Monsters**
2.00 AM **Expedition X**
4.00 **to 6.00** AM **How Do They Do It?**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **On the Case with Paula Zahn** Triple bill.
8.55 **Court Cam**
3.40 PM **My Strange Arrest**
5.00 **Buried in the Backyard**
6.00 **The Real Murders of Atlanta** A Valentine's Day rendezvous in a park turns deadly. **7.00** A young mother is shot dead at her parents' estate.
8.00 **Killer Grannies** Police uncover a sprawling cover-up and two women with duelling stories.
9.00 **Murder on Trial** Hunters discover the body of a woman in the Georgia woods.
10.00 **Don't Open the Door** True-crime tales of lives changed by a knock on the door.
11.00 **Skegness Psycho: 28 Miles to Murder** 2/2. Documentary.
12.00 M'T **I Am a Stalker**
1.00 AM **Sin City Gigolo: A Murder in Las Vegas** 3/3. Documentary.
2.15 **Hometown Tragedy**
3.05 **to 6.00** AM **On the Case with Paula Zahn**

+1hour 256 333

WILD

165 145 182

8.00 AM **Animal Fight Club**
9.00 **Critter Fixers: Country Vets**
10.00 **Secrets of the Zoo**
11.00 **The Incredible Dr Pol**
12.00 NOON **Yukon Vet**
2.00 PM **An Elephant's World**
3.00 **Ice Road Rescue**
5.00 **Snakes in the City**
7.00 **Heartland Docs** Ben and Erin rush to stabilise two dogs hit by cars, and throw a gender reveal party for a pair of lovebirds.
8.00 **Europe from Above** Exploring Germany from the air, featuring footage of a record-breaking cable car. **9.00** An aerial journey across Sweden reveals the restoration of Stockholm Palace.
10.00 **Relentless Enemies** The plight of Botswana lions that have refined their hunting techniques to target buffalo.
11.00 **Snakes in the City**
12.00 M'T **Life Below Zero: First Alaskans** Double bill.
2.00 AM **Last of the Giants: Wild Fish** Double bill.
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181

7.00 AM **Shed and Buried**
9.00 **Combat Dealers**
12.00 NOON **Shed and Buried**
3.00 PM **Salvage Hunters: The Restorers** Triple bill.
6.00 **How the Universe Works** Examining what happens when the two most powerful objects in the cosmos collide. **7.00** Scientists explore what will happen if an asteroid hurtles towards Earth. **8.00** Examining the birth of stars, and how their creation changed the cosmos for ever, leading to planets and life itself.
9.00 **HMS Ark Royal** The ship's crew prepare for a royal visitor. **10.00** The aircraft carrier heads for Nova Scotia with a busy schedule, including a visit from David Cameron. **11.00** The crew prepare for the Royal Canadian Navy's centenary celebrations.
12.00 M'T **Loch Ness Monster: New Evidence** Documentary.
2.00 **to 5.00** AM **Combat Dealers**

+1hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **The Two Ronnies**
1.50 PM **The Two Ronnies**
6.35 **The Two Ronnies** Vintage comedy from Messrs Barker and Corbett, including a man getting more than he bargained for when he goes in search of McCleary's Gold. **7.35** Vintage comedy from Barker and Corbett, with music by Manhattan Transfer. **8.30** Including the Chemist and music by the New Sensation. **9.20** Vintage comedy from Messrs Barker and Corbett, including the Limerick Writers Convention and the Gravedigger's Wedding. **10.20** Including another instalment of the spoof crime drama *Stop, You're Killing Me*. **11.20** Vintage comedy from Barker and Corbett, including a Party sketch and An Appeal on Behalf of the Indecisive.
12.20 AM **The Two Ronnies**
5.30 **to 6.00** AM **The Lakes with Paul Rose**

+1hour 266 376

ID

154 140 166

8.00 AM **Cops UK: Bodycam Squad**
10.00 **Mean Girl Murders**
12.00 NOON **Pandora's Box: Unleashing Evil** Double bill.
2.00 PM **Evil Lives Here**
4.00 **Disappeared** Double bill.
6.00 **American Monster** How lies and deceit began to surface after a couple married. **7.00** How Rebecca Thudin's life took a dramatic turn.
8.00 **Obsession: Dark Desires** The death of single mother LaTasha Edwards by stalker Dammon Haynes, an old school friend.
9.00 **Married to Evil** When Heidi's alcoholic husband goes missing, police uncover a dark secret hidden in the basement.
10.00 **Who the (Bleep) Did I Marry?** Kimberly Cargill is a master manipulator – and her violent nature leads to murder.
11.00 **Love, Honor, Betray**
12.00 M'T **Seduced to Slay**
2.00 AM **Where Murder Lies**
4.00 **to 6.00** AM **Murder Loves Company**

+1hour 254 366

Discovery Turbo

161/172 146 180

7.00 AM **Kindig Customs**
10.00 **FourWheeler**
11.00 **Bad Chad Customs**
12.00 NOON **Outback Truckers**
5.00 PM **Texas Metal** Triple bill of editions, including at: **7.00** Bill refuses to hold anything back on the 1968 C10.
8.00 **Garage Squad** A disabled Vietnam veteran has always put country and family first, and his Dodge Challenger has long been neglected. **9.00** A 1949 Mercury that has been rusting in the garage. **10.00** A five-year-old girl asks the squad to help get her father's 1968 Chevelle finished.
11.00 **Shed and Buried** Henry and Sam find some very rare early-1900s steam-powered cars. **11.30** The duo find amazing motorbikes in Somerset. **12.00** M'T Henry and Sam are in Suffolk to view vintage bikes. **12.30** AM Henry and Sam meet Charlie in Lowestoft.
1.00 **to 4.00** AM **Kindig Customs**

+1hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **Neighborhood Watch** Thriller. (2025, 15) ★★★★
7.45 **The Gentleman** Thriller. (2025, 15, 89min) ★★
9.30 **One More Shot** As 12.15am.
11.15 **Jurassic World: Rebirth**
1.35 PM **How to Train Your Dragon** Fantasy. (2025, PG) ★★★★
3.50 **I Know What You Did Last Summer** Horror reboot. (2025, 15, 119min) ★★★
5.50 **M3GAN 2.0** Sci-fi sequel. (2025, 15, 120min) ★★★

10.20 Bring Her Back

8.00 **Jurassic World: Rebirth** Fantasy adventure starring Scarlett Johansson Mahershala Ali and Jonathan Bailey. A crack team infiltrate a forbidden island to collect the DNA of three key dinosaur species. (2025, 12, 133min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **PREMIERE** **Bring Her Back** Thriller starring Sally Hawkins. A brother and sister uncover a terrifying ritual at the secluded home of their new foster mother. (2025, 18, 104min) ★★★★ *See review, page 24.*
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **One More Shot** Comedy. (2025, 15, 88min) ★★★
2.00 **Bone Lake** Comedy thriller. (2024, 18, 94min) ★★★
3.45 **Reckless** Action comedy. (2026, 15, 91min)
5.30 **to 7.50** AM **King Ivory** Thriller. (2024, 15, 129min)

Sky Cinema Ghostbusters

303 303 403 503 517

6.00 AM **Ghostbusters** As 6.00pm.
8.00 **Ghostbusters II** As 8.00pm.
10.00 **Ghostbusters** As 10.00pm.
12.00 NOON **Ghostbusters** (1984)
2.00 PM **Ghostbusters II** (1989)
4.00 **Ghostbusters** As 10.00pm.
6.00 **Ghostbusters** Comedy starring Bill Murray, Dan Aykroyd and Sigourney Weaver. A trio of university parapsychologists decide to go into business as ghost exterminators. (1984, 12, 105min) ★★★★

6.00 Ghostbusters

8.00 **Ghostbusters II** Supernatural action comedy sequel starring Bill Murray, Dan Aykroyd and Sigourney Weaver. The Ghostbusters battle another batch of spooks in the Big Apple. With Harold Ramis. (1989, PG, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Ghostbusters** Fantasy comedy reboot starring Kristen Wiig, Melissa McCarthy, Leslie Jones, Kate McKinnon and Chris Hemsworth. When supernatural disturbances occur in New York City, four experts in the paranormal and their dim assistant investigate. (2016, 12, 113min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Ghostbusters** (1984)
2.10 **Ghostbusters II** As 8.00pm.
4.15 **Sky Cinema Preview**
5.15 **to 7.25** AM **Ghostbusters**

Sky Cinema Drama

310 310 410 510 524

7.00 AM **The Blind Side** Fact-based drama. (2009, 12, 129min) ★★★
9.15 **It Ends with Us** Drama. 2024, 15, 125min) ★★★
11.30 **Valentine's Day** Romantic comedy. (2010, 12, 125min) ★★★
1.45 PM **About a Boy** Comedy drama. (2002, 12, 101min) ★★★★
3.30 **Erin Brockovich** Fact-based drama starring Julia Roberts. (2000, 15, 133min) ★★★★
5.45 **Legends of the Fall** Epic period drama starring Brad Pitt. (1994, 15, 133min) ★★★★
8.00 **Darkest Hour** Period drama starring Gary Oldman, Kristin Scott Thomas and Lily James. (2017, PG, 122min) ★★★
10.05 **Dunkirk** Christopher Nolan's war drama starring Kenneth Branagh and Tom Hardy. Allied soldiers surrounded by the German army wait for evacuation during World War Two. (2017, 12, 106min) ★★★★★
11.55 **The Brutalist** Epic period drama starring Adrien Brody. (2024, 18, 215min) ★★★★★
3.15 AM **Amadeus** Historical drama. (1984, PG, 158min) ★★★★★
5.55 **to 7.50** AM **Two Mules for Sister Sara** Comedy Western. (1969, 15, 114min) ★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.00 AM **Cuckoo** (2024, 15) ★★★
7.45 **The Watched** As 2.20am.
9.30 **Cloverfield** Offbeat disaster movie. (2007, 15, 81min) ★★★
11.10 **10 Cloverfield Lane** Thriller. (2016, 12, 103min) ★★★★
1.00 PM **The Matrix** Sci-fi thriller. (1999, 15, 136min) ★★★★
3.20 **The Matrix Reloaded** Thriller sequel starring Keanu Reeves. (2003, 15, 137min) ★★★★
5.40 **The Matrix Revolutions** Thriller sequel starring Keanu Reeves. (2003, 15, 129min) ★★★
8.00 **The Matrix: Resurrections** Thriller sequel starring Keanu Reeves. (2021, 15, 148min) ★★★
10.30 **Us** Horror thriller starring Lupita Nyong'o. A family's life turns into a nightmare when a group of strangers begin to terrorise them. (2019, 15, 116min) ★★★★
12.30 AM **Get Out** Thriller with Daniel Kaluuya and Allison Williams. (2017, 15, 104min) ★★★★★
2.20 **The Watched** Horror with Dakota Fanning and Olwen Fouere. (2024, 15, 102min) ★★★
4.15 **Beast of War** Horror thriller. (2025, 15, 87min) ★★★★
5.55 **to 7.35** AM **Zombie Town** Horror comedy starring Madi Monroe. (2023, 12, 92min) ★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.25 AM **The Hobbit: An Unexpected Journey** (2012)
9.15 **The Hobbit: The Desolation of Smaug** As 5.20pm.
12.00 NOON **The Hobbit: The Battle of the Five Armies** (2014)
2.30 PM **The Hobbit: An Unexpected Journey** (2012)
5.20 **The Hobbit: The Desolation of Smaug** Peter Jackson's epic fantasy adventure starring Martin Freeman. (2013, 12, 161min) ★★★★

8.05 **The Hobbit: The Battle of the Five Armies** Epic fantasy adventure starring Martin Freeman, Richard Armitage, Ian McKellen and Luke Evans. Dwarf king Thorin descends into madness as his homeland stands on the brink of war. (2014, 12, 144min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 **The Hobbit: An Unexpected Journey** Peter Jackson's epic fantasy adventure starring Martin Freeman and Ian McKellen. Home-loving hobbit Bilbo Baggins joins a company of dwarves on a perilous quest to reclaim their lost kingdom. (2012, 12, 165min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.20 AM **The Hobbit: The Desolation of Smaug** (2013)
4.05 **to 6.30** AM **The Hobbit: The Battle of the Five Armies**

Sky Cinema Action

307 307 407 507 521

7.20 AM **Jurassic Park** As 8.00pm.
9.30 **The Lost World: Jurassic Park** As shown at 10.10pm.
11.40 **Jurassic Park III** As 12.20am.
1.15 PM **Jurassic World** As 1.55am.
3.25 **Jurassic World: Fallen Kingdom** Action adventure sequel starring Chris Pratt. (2018, 12, 128min) ★★★
5.35 **Jurassic World: Rebirth** Fantasy adventure sequel starring Scarlett Johansson. (2025, 12, 133min) ★★★

8.00 **Jurassic Park** Steven Spielberg's monster thriller starring Sam Neill, Laura Dern, Jeff Goldblum and Richard Attenborough. A billionaire showman creates an island leisure park populated by genetically engineered – and very dangerous – dinosaurs. (1993, PG, 127min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **The Lost World: Jurassic Park** Adventure sequel starring Jeff Goldblum. A survivor of the Jurassic Park catastrophe goes to a second island also populated by dinosaurs. (1997, PG, 129min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Jurassic Park III** Thriller sequel starring Sam Neill. (2001, PG, 92min) ★★★
1.55 **Jurassic World** Thriller sequel. (2015, 12, 124min) ★★★★
4.00 **to 6.10** AM **Jurassic World: Fallen Kingdom** As 3.25pm.

Sky Cinema Comedy

308 308 408 508 522

7.30 AM **Mean Girls** (2004) ★★★★
9.10 **Miss Congeniality** Comedy. (2000, 12, 109min) ★★★★
11.05 **Miss Congeniality 2: Armed and Fabulous** (2005, 12) ★★
1.05 PM **The Hangover** Comedy. (2009, 15, 99min) ★★★★
2.50 **The Hangover Part II** Comedy sequel. (2011, 15, 101min) ★★
4.35 **The Hangover Part III** Comedy sequel. (2013, 15, 100min) ★★
6.20 **13 Going on 30** Comedy. (2004, 12, 98min) ★★★

8.00 **Two Weeks Notice** Romantic comedy with Sandra Bullock and Hugh Grant. Opposites attract when a liberal lawyer goes to work for a billionaire property tycoon. (2002, 12, 101min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **How to Lose a Guy in 10 Days** Romantic comedy starring Kate Hudson and Matthew McConaughey. A journalist sets out to seduce and then alienate an adman, but her target has his own agenda. (2003, 12, 116min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **The Terminal** Comedy drama. (2004, 12, 129min) ★★★★
2.00 AM **It's Complicated** Comedy. (2009, 15, 115min) ★★★★
4.05 **Jackass Presents: Bad Grandpa** Slapstick comedy. (2013, 15, 92min) ★★★
5.50 **to 7.20** AM **Jackass Presents: Bad Grandpa .5** Comedy. (2014, 15, 82min) ★★

Sky Cinema Thriller

309 309 409 509 523

6.40 AM **The China Syndrome** Thriller starring Jane Fonda. (1979, PG, 122min) ★★★★
8.45 **Caddo Lake** Sci-fi thriller. (2024, 12, 99min) ★★★
10.35 **Breakdown** Suspense thriller. (1997, 15, 94min) ★★★★
12.15 PM **The Godfather Part II**
3.40 **Juror #2** Legal thriller. (2024, 12, 113min) ★★★★
5.40 **Vanilla Sky** Romantic fantasy with Tom Cruise and Penélope Cruz. (2001, 15, 136min) ★★★

8.00 **Nightcrawler** Thriller starring Jake Gyllenhaal. An unscrupulous freelance TV cameraman prowls the streets of LA, looking for scoops to sell to sensation-hungry TV stations. With Rene Russo and Riz Ahmed. (2014, 15, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

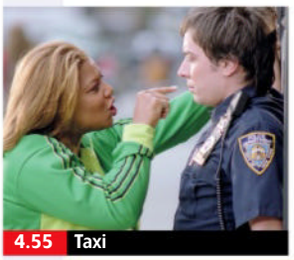
10.00 **Sleepers** Fact-based drama starring Kevin Bacon. Years after being abused by guards at a reform school, four former teenage friends take their revenge. (1996, 18, 146min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **The Godfather Part II** Francis Ford Coppola's epic gangster drama sequel with Al Pacino and Robert De Niro. (1974, 18, 200min) ★★★★★
4.10 **to 6.00** AM **Amongst the Wolves** Thriller starring Luke McQuillan and Aidan Gillen. (2024, 15, 102min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Call of the Wild** Historical adventure. (2020, PG, 96min) ★★★
12.55 PM **Monkey Business** Comedy. (1952, b/w, U, 97min) ★★★★
2.50 **Secret Headquarters** Family comedy adventure. (2022, PG, 104min) ★★★
4.55 **Taxi** Action comedy. (2004, 12, 97min) ★★
6.55 **Dante's Peak** Disaster movie. (1997, 12, 108min) ★★★



Dante's Peak (film started at 6.55pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **The Equalizer** Action thriller starring Denzel Washington, Chloë Grace Moretz and Marton Csokas. An ex-secret agent fights to bring down a crime syndicate after coming to the aid of an abused prostitute. (2014, 15, 132min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **The Frighteners** Horror comedy starring Michael J Fox and Trini Alvarado. A swindling psychic falls under suspicion when the ghost of a dead serial killer continues his murderous spree from beyond the grave. (1996, 15, 110min) ★★★
1.50 **to 3.55** AM **Boss Level** Action comedy starring Frank Grillo. (2021, 15, 100min) ★★★

+1hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema Horror Hits

302 302 402 502 516

6.00 AM **Presence** As 12.55pm.
7.35 **Until Dawn** Horror starring Ella Rubin. (2025, 15, 99min) ★★★
9.20 **The Crazies** Horror thriller. (2010, 15, 101min) ★★★★
11.05 **Pitch Black** Sci-fi chiller. (1999, 15, 108min) ★★★★
12.55 PM **Presence** Horror thriller. (2024, 15, 84min) ★★★★
2.30 **Speak No Evil** Horror thriller. (2024, 15, 110min) ★★★★
4.20 **Psycho** Horror chiller. (1960, b/w, 15, 109min) ★★★★★
6.20 **The Lost Boys** Horror starring Jason Patric and Corey Haim. (1987, 15, 98min) ★★★★
8.00 **Sinners** Horror thriller starring Michael B Jordan. Twin brothers return to their hometown to start over, and find a dark force waiting to welcome them back. (2025, 15, 132min) ★★★★
10.20 **Bram Stoker's Dracula** Horror with Gary Oldman and Winona Ryder. (1992, 18, 123min) ★★★
12.40 AM **Pet Sematary** Supernatural thriller with Dale Midkiff, Fred Gwynne and Denise Crosby. (1989, 18, 103min) ★★★
2.30 **The Lost Boys** As 6.20pm.
4.15 **to 6.10** AM **Wolf Man** Horror starring Christopher Abbott. (2024, 15, 103min) ★★★

Sky Cinema Greats

304 304 404 504 518

6.15 AM **Dog Day Afternoon** Sidney Lumet's tragi-comic thriller. (1975, 15, 130min) ★★★★★
8.25 **The Towering Inferno** Disaster movie. (1974, 12, 165min) ★★★★
11.15 **Last Action Hero** Action fantasy. (1993, 15, 130min) ★★★
1.30 PM **The Mummy** Adventure. (1999, 15, 124min) ★★★★
3.40 **Batman** Comic-book adventure. (1989, 15, 121min) ★★★★
5.50 **Batman Returns** Adventure starring Michael Keaton. (1992, 12, 121min) ★★★★
8.00 **Batman Forever** Comic-book adventure starring Val Kilmer and Tommy Lee Jones. (1995, 12, 121min) ★★★
10.05 **Batman & Robin** Fantasy adventure with George Clooney and Arnold Schwarzenegger. Batman and Robin, aided by new ally Batgirl, take on villains Mr Freeze and Poison Ivy. (1997, PG, 125min) ★★
12.10 AM **A Clockwork Orange** Stanley Kubrick's futuristic satire. (1971, 18, 136min) ★★★★
2.30 **Fatal Attraction** Thriller. (1987, 15, 120min) ★★★★
4.30 **to 6.25** AM **Escape from Alcatraz** Fact-based drama. (1979, 15, 112min) ★★★★

Sky Cinema Animation

305 305 405 500 514

7.00 AM **The Sloth Lane** Animation. (2024, PG, 90min) ★★★
8.40 **Angry Birds Movie** Animation. (2016, U, 97min) ★★★
10.30 **Angry Birds Movie 2** Animated sequel. (2019, U, 93min) ★★★
12.20 PM **Rango** Animated Western. (2011, PG, 103min) ★★★★
2.20 **Hotel Transylvania** Animation with the voice of Adam Sandler. (2012, U, 91min) ★★★★
4.00 **Mr Peabody & Sherman** Animated family comedy. (2014, U, 97min) ★★★★
5.35 **Dog Man** Animated comedy. (2025, U, 89min) ★★★★
7.10 **Monsters vs Aliens** Animation. (2009, PG, 90min) ★★★
9.00 **Scarygirl** Animated adventure featuring the voice of Anna Torv. (2023, PG, 90min) ★★★
10.40 **Straight Outta Nowhere: Scooby-Doo! Meets Courage the Cowardly Dog** Animation. (2021, PG, 78min) ★★★
12.05 AM **Boonie Bears: Guardian Code** (2023, PG) ★★★
1.45 **The Inseparables** Animation. (2023, U, 90min) ★★★
3.20 **Open Season: Scared Silly** Animation. (2015, PG) ★★★
4.50 **to 6.30** AM **Paws of Fury: The Legend of Hank** (2022) ★★★

Movies 24

312 313 419

7.00 AM **Sense and Sensibility** Drama. (2024, U, 84min) ★★
9.00 **The Best Version of Love** Comedy. (2023, PG, 86min) ★★
11.00 **A Pinch of Portugal** Romantic drama. (2023, PG, 84min) ★★
1.00 PM **A Melbourne Match** Drama. (2026, PG, 90min) ★★
3.00 **Romantic Rewrite** Romantic comedy starring Kristina Cole. (2022, PG, 82min) ★★
5.00 **An Easter Bloom** Drama. (2024, PG, 84min) ★★
7.00 **The Magic of Lemon Drops** Romantic fantasy starring Lyndsy Fonseca and Ian Harding. (2024, PG, 84min) ★★
9.00 **His and Hers** Romantic drama starring Lacey Chabert. Married lawyers find their relationship strained when on opposite sides of a celebrity divorce case. (2024, PG, 90min) ★★
11.00 **The Blessing Bracelet** Drama. (2023, PG, 90min) ★★
1.00 AM **Heart of the Manor** Comedy starring Ashlynn Yennie. (2021, PG, 85min) ★★
3.00 **to 5.00** AM **A Bridesmaid in Love** Romantic comedy. (2022, PG, 87min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **In Old Montana** (1939) ★★
7.15 **Snipshots** Animated short film.
7.20 **The Black Arrow** 2/7. (S3)
7.50 **Legend of the Hidden City**
8.25 **The Adventures of Sir Lancelot**
9.00 **Batman** 58/60. (S2)
9.30 **The Roy Rogers Show** (S4)
10.00 **Captain Scarlet and the Mysterons** 1/32. (S1)
10.30 **The Adventures of William Tell**
11.00 **The Buccaneers** 12/39. (S1)
11.30 **The Adventures of Robin Hood**
12.00 NOON **Killers from Space** (1954)
1.30 PM **Robbery Under Arms** (1957)
3.30 **Dial 999** 12/39. (S1)
4.00 **Whiplash** 6/34. (S1)
4.35 **The Sea Shall Not Have Them** Drama. (1954, b/w, U, 91min) ★★
6.25 **Scotland Yard** 34/39. (S1)
7.00 **Maigret** 10/13. (S1)
8.00 **The Hound of the Baskervilles** Drama. (2002, 15, 100min) ★★★
10.00 **The Body Beneath** Horror. (1970, 15, 82min) ★★
11.35 **Showdown At Spiggots Store**
12.05 AM **Eurotrash**
12.40 **The Perfect Woman** Sci-fi comedy. (1981, 15, 100min) ★★
2.20 **Up the Chastity Belt** (1971) ★★
4.10 **Look at Life** Documentary.
4.25 **The Adventures of Sir Lancelot**
4.55 **Stingray** 9/39. (S1)
5.30 **to 6.00** AM **Honey West**

SATURDAY Sport 28 February

Sky Sports Main Event

401 401 501 419 439

- 6.30 AM **Sky Sports News**
- 7.00 **Sky Sports Breakfast**
- 10.00 **Soccer Saturday Pre-Match**
- 11.00 **LIVE EFL** Leicester City v Norwich City. Coverage of the Championship match staged at the King Power Stadium. Kick-off 12.30pm.
- 3.00 PM **LIVE ATP Tennis** Coverage of the ATP Dubai Tennis Championships final staged at Aviation Club Tennis Centre.
- 5.00 **LIVE SNF** Leeds United v Manchester City. The Premier League match at Elland Road. Kick-off 5.30pm.
- 8.30 **LIVE PGA Tour Golf** Coverage of day three of the Cognizant Classic from PGA National Resort and Spa in Palm Beach Gardens.
- 11.00 **Sky Sports Catch Up**
- 11.30 **LIVE Super League** Hull Kingston Rovers v Leeds Rhinos. Coverage of the top-flight match from Allegiant Stadium in Las Vegas. Kick-off 12.00m't.
- 2.15 **to 6.30** AM **LIVE LPGA Tour Golf** Day four of the HSBC Women's World Championship at Sentosa Golf Club in Singapore.

Sky Sports Premier League

402 402 502 420 440

- 6.00 AM **PL Greatest Games**
- 7.00 **FNF** Wolves v Aston Villa.
- 7.30 **Premier League Stories**
- 8.00 **The Big Interview**
- 8.30 **Transfer 360** Double bill.
- 9.30 **FNF** Wolves v Aston Villa.
- 10.00 **Saturday Social**
- 11.00 **Premier League One on One**
- 11.30 **Premier League Stories**
- 12.00 NOON **Gillette Soccer Saturday: Build-Up**
- 3.00 PM **Gillette Soccer Saturday**
- 5.00 **LIVE SNF** Leeds United v Manchester City. The Premier League match from Elland Road. November's entertaining reverse fixture at Etihad Stadium saw Leeds come back from 2-0 down, only for Phil Foden to score his second goal of the game in second-half stoppage time and give the Citizens a hard-fought 3-2 win. Kick-off 5.30pm.
- 8.30 **Game of the Day**
- 10.30 **Premier League Highlights** Newcastle United v Everton.
- 11.00 Liverpool v West Ham.
- 11.30 **Premier League Highlights**
- 3.30 AM **PL Greatest Games**
- 4.00 **Best PL Goals 2017/18**
- 5.00 **to 6.00** AM **PL Best Goals**

Sky Sports Football

403 403 503 421 441

- 6.00 AM **EFL Highlights**
- 6.15 **EFL Cup Retro** The 2008 final.
- 9.00 **EFL Greatest Games**
- 9.45 **EFL Highlights**
- 10.00 **Saturday Social**
- 11.00 **LIVE EFL** Leicester City v Norwich City. Coverage of the Championship match staged at the King Power Stadium. Leicester came back from behind to claim a 2-1 win in November's reverse fixture at Carrow Road. Kick-off 12.30pm.
- 3.00 PM **Gillette Soccer Saturday**
- 5.00 **Gillette Soccer Saturday: Reaction** Post-match analysis.
- 5.20 **LIVE Bundesliga** Borussia Dortmund v Bayern Munich. Coverage of the German top-flight match held at Signal Iduna Park. Kick-off 5.30pm.
- 7.30 **EFL** Leicester City v Norwich City staged at King Power Stadium.
- 9.30 **EFL Highlights** Championship.
- 11.00 **Bundesliga** Highlights.
- 11.30 **EFL Highlights**
- 2.00 AM **EFL** League One play-offs.
- 3.00 **EFL Greatest Games**
- 4.00 **Championship Season Review**
- 5.00 **Best Goals: EFL Cup 2021/22**
- 5.30 **to 6.00** AM **EFL Trophy**

Sky Sports Cricket

405 405 505 422 442

- 6.00 AM **The Story of the Men's T20 World Cup Final 2024**
- 7.00 **Men's T20 World Cup**
- 8.00 **Men's T20 World Cup – The Greatest Matches**
- 8.30 **Men's T20 World Cup**
- 9.00 **The Story of the Men's T20 World Cup Final 2024**
- 10.00 **Men's T20 World Cup**
- 1.00 PM **LIVE Men's T20 World Cup Sri Lanka v Pakistan.** All the action from the Super Eight match staged at Pallekele International Cricket Stadium in Kandy.
- 5.00 **Best of ICC WT20**
- 5.15 **Best of England v South Africa**
- 5.30 **Best of ICC WT20**
- 6.00 **Men's T20 World Cup – The Greatest Matches**
- 6.30 **Men's T20 World Cup** Highlights of Australia v Sri Lanka.
- 7.00 England v New Zealand.
- 8.00 West Indies v South Africa.
- 8.30 **Men's T20 World Cup Review**
- 9.00 **Men's T20 World Cup** Highlights of Sri Lanka v Pakistan.
- 9.30 **Men's T20 World Cup Review**
- 10.00 **Men's T20 World Cup** Highlights of Sri Lanka v England.
- 11.00 PM **to 6.00** AM **Men's T20 World Cup**

Sky Sports Golf

406 406 506 423 443

- 6.30 AM **PGA Tour Golf**
- 10.30 **LIVE DP World Tour Golf** Coverage of day three of the Investec South African Open Championship from Stellenbosch Golf Club in South Africa.
- 3.00 PM **LIVE PGA Tour Golf** Coverage of the early stages of day three of the Cognizant Classic staged at PGA National Resort in Palm Beach Gardens, Florida.
- 6.00 **LIVE PGA Tour Golf** Continued coverage of the third day's play of the Cognizant Classic staged at PGA National Resort and Spa in Palm Beach Gardens, Florida. American golfers have won this event on the last three occasions.
- 11.00 **PGA Tour FedEx Cup Play-Offs Official Film**
- 12.00 M'T **School of Golf**
- 1.00 AM **Golf Academy**
- 1.30 **to 6.00** AM **LIVE LPGA Tour Golf** Coverage of the fourth day's play of the HSBC Women's World Championship staged at Sentosa Golf Club in Singapore.

TNT Sports 1

410 413 521 408 430

- 6.00 AM **LIVE Isuzu UTE A-League Central Coast Mariners v Newcastle Jets.** Kick-off 6.00am.
- 8.00 **Premier League Preview**
- 8.30 **LIVE Isuzu UTE A-League Macarthur Bulls v Western Sydney Wanderers.** Australian top-flight action. Kick-off 8.35am.
- 10.30 **Premier League Preview**
- 11.00 **LIVE Premier League Bournemouth v Sunderland.** The top-flight match at the Vitality Stadium. Kick-off 12.30pm.
- 3.00 PM **LIVE PREM Rugby Cup** Coverage og a group match.
- 5.30 **The Breakdown**
- 6.00 **European Football Highlights**
- 7.30 **LIVE Serie A** Inter Milan v Genoa. The Italian top-flight match. Kick-off 7.45pm.
- 9.45 **MotoGP** Grand Prix of Thailand.
- 10.15 **World Superbike Rewind**
- 10.30 **UEFA Champions League**
- 11.00 **LIVE UFC** The preliminary bouts.
- 1.00 AM **LIVE UFC Brandon Moreno v Lone'er Kavanagh.** The flyweight bout.
- 4.30 **UEFA Europa League & Conference League Highlights**
- 5.30 **to 6.00** AM **TNT Sports Reload**

TNT Sports 2

411 414 522 409 431

- 7.45 AM **LIVE MotoGP** The Grand Prix of Thailand sprint race.
- 8.45 **World Superbike Rewind**
- 9.00 **LIVE Alpine Skiing** Women's Super-G in Soldeu, Andorra.
- 10.45 **LIVE Alpine Skiing** The men's downhill event in Germany.
- 12.45 PM **LIVE Welsh Open Snooker** The semi-finals from Venue Cymru in Llandudno.
- 4.30 **MotoGP** Grand Prix of Thailand.
- 5.00 **MotoGP Films**
- 5.30 **Crouchy and Cole**
- 5.45 **Roll the Tape** Ronnie O'Sullivan.
- 6.45 **LIVE Welsh Open Snooker** Further semi-final coverage from Venue Cymru in Llandudno.
- 10.30 **Premier League**
- 12.00 M'T **PL: The Big Interview**
- 12.30 AM **Serie A** Inter Milan v Genoa.
- 1.30 **MotoGP Films**
- 2.00 **MotoGP** Grand Prix of Thailand.
- 2.30 **LIVE Moto4 Asia Cup** Coverage of race two in Thailand.
- 3.30 **LIVE MotoGP** The Grand Prix of Thailand MotoGP warm-up.
- 4.00 **to 6.00** AM **LIVE MotoGP** The Grand Prix of Thailand Moto3 race, the opening round of the season at Chang International Circuit.

Sky Sports Action

412 410 510 426 446

- 6.00 AM **Super League**
- 12.00 NOON **NFL Highlights**
- 1.00 PM **Super League**
- 4.15 **Women's Super League** St Helens v York Valkyrie.
- 4.30 **Super League Highlights** Wigan Warriors v Leigh Leopards.
- 4.45 Action from Hull Kingston Rovers v Warrington Wolves.
- 5.00 **NFL Highlights**
- 6.00 **Premier League Darts** Another chance to see the fourth night staged at SSE Arena Belfast.
- 10.00 **Super League Highlights**
- 11.00 **NFL Highlights** Action from Kansas City Chiefs v Detroit Lions.
- 12.00 M'T Los Angeles Chargers v Pittsburgh Steelers.
- 1.00 AM **Super League Highlights**
- 2.15 **LIVE NRL** Newcastle Knights v North Queensland Cowboys. Coverage of the match at Allegiant Stadium in Las Vegas. Kick-off 2.15am.
- 4.15 **Super League Highlights**
- 4.30 **to 6.30** AM **LIVE NRL Canterbury-Bankstown Bulldogs v St George Illawarra Dragons.** Coverage of the match staged at Allegiant Stadium in Las Vegas. Kick-off 4.30am.

Sky Sports Sky Sports+

404 404 504 427 447

- 6.00 AM **LIVE Super Rugby Chiefs v Crusaders.** From FMG Stadium Waikato. Kick-off 6.05am.
- 8.00 **Sky Sports Breakfast**
- 8.30 **LIVE Super Rugby Brumbies v Blues.** K-o 8.35am.
- 10.30 **Soccer Saturday Pre-Match**
- 11.00 **EFL Build-Up**
- 12.25 PM **LIVE EFL Portsmouth v Hull City.** The Championship match staged at Fratton Park. Kick-off 12.30pm.
- 3.00 **Gillette Soccer Saturday**
- 8.00 **Match Centre**
- 10.00 **Hull KR Renaissance**
- 11.30 **LIVE Super League** Hull Kingston Rovers v Leeds Rhinos. Coverage of the top-flight match from Allegiant Stadium in Las Vegas. Kick-off 12.00m't.
- 2.15 AM **LIVE NRL** Newcastle Knights v North Queensland Cowboys. Coverage of the match at Allegiant Stadium in Las Vegas. Kick-off 2.15am.
- 4.15 **Super League Highlights**
- 4.30 **to 6.30** AM **LIVE NRL Canterbury-Bankstown Bulldogs v St George Illawarra Dragons.** Kick-off 4.30am.

Sky Sports Tennis

408 408 508 425 445

- 6.00 AM **WTA & ATP Tennis**
- 3.00 PM **LIVE ATP Tennis** Coverage of the ATP Dubai Tennis Championships final staged at Aviation Club Tennis Centre.
- 5.00 **ATP Tennis** Recent finals.
- 7.00 **LIVE WTA Tennis** Coverage of day six of the WTA Austin Open, a hard-court tournament staged at Westwood Country Club in Texas.
- 9.00 **LIVE WTA & ATP Tennis** The latest coverage from the Tours.
- 1.00 AM **LIVE WTA Tennis** Coverage of the WTA Mérida Open final, a hard-court tournament held at Yucatán Country Club in Mexico.
- 3.00 **LIVE ATP Tennis** Coverage of the ATP Acapulco Open final, a hard-court tournament staged at Arena GNP Seguros in Mexico.
- 5.00 **to 6.00** AM **WTA & ATP Tennis**

Sky Sports Mix

416 412 511 429 449

- 6.00 AM **WTA & ATP Tennis**
- 8.00 **TGL** Two match replays.
- 12.00 NOON **Premier League Darts**
- 4.00 PM **Super League**
- 6.45 **My Icon** Chris Powell.
- 7.00 **WTA Tennis** Action from the Dubai Tennis Championships final.
- 8.00 **ATP Tennis** Highlights of the Dubai Tennis Championships final.
- 10.00 **TGL** Atlanta Drive v Boston Common staged at SoFi Center.
- 12.00 M'T **PGA Tour Golf**
- 1.00 **to 6.00** AM **LIVE Ladies European Tour Golf** Coverage of day four of the Ford Women's NSW Open at Wollongong Golf Club in Illawarra, New South Wales.

TNT Sports 3

413 415 523 410 432

- 6.00 AM **Premier League Preview**
- 6.30 **LIVE SailGP** From Sydney.
- 8.00 **Women's ODI Cricket**
- 9.00 **LIVE Moto4 Asia Cup** Coverage of race one in Thailand.
- 10.00 **MotoGP** Grand Prix of Thailand.
- 11.30 **Training Day** Tottenham.
- 11.45 **TNT Sports Cricket Reload**
- 12.00 NOON **LIVE Cycling** Coverage of the men's Omloop Het Nieuwsblad from Belgium.
- 3.00 PM **LIVE Cycling** Coverage of the women's Omloop Het Nieuwsblad from Belgium.
- 5.00 **Supercars Championship**
- 7.00 **Cycling** Omloop Het Nieuwsblad.
- 9.00 **Men's Cycling Pro Series**
- 10.00 **Isuzu UTE A-League**
- 2.00 AM **LIVE Isuzu UTE A-League Wellington Phoenix v Sydney FC.** Coverage of the Australian top-flight match at Sky Stadium in Wellington. Kick-off 2.00am.
- 4.00 **to 6.00** AM **Snooker**

TNT Sports 4

414 416 524 411 434

- 6.00 AM **TNT Sports Reload**
- 6.30 **UEFA Champions League**
- 7.00 **LIVE Isuzu UTE A-League** Brisbane Roar v Perth Glory.
- 9.00 **LIVE Freestyle Skiing** Serbia.
- 10.45 **Ultimate Pool** Recent action.
- 12.15 PM **LIVE Ski Jumping** Austria.
- 2.15 **MotoGP** Grand Prix of Thailand.
- 2.45 **Xtra Time** Post-match reaction.
- 3.15 **Crouchy and Cole**
- 3.30 **TNT Sports Cricket Reload**
- 3.45 **LIVE Luge** From Saint Moritz.
- 4.30 **Discovery Golf**
- 5.00 **Cricket** Highlights and features.
- 6.45 **Playing for Our Future**
- 7.00 **Skiing Highights**
- 9.00 **FEI Jumping World Cup**
- 11.00 **MotoGP** Grand Prix of Thailand.
- 11.30 **Discovery Golf**
- 12.00 M'T **LIVE Women's International T20 Cricket** New Zealand v Zimbabwe.
- 4.15 **to 6.00** AM **LIVE Women's One-Day International Cricket** Australia v India. The third ODI.

Premier Sports 1

419 551

- 6.00 AM **Highlights**
- 10.00 **United Rugby Championship**
- 12.00 NOON **LIVE United Rugby Championship** Lions v Stormers. K-o 12.30pm.
- 2.35 PM **LIVE United Rugby Championship** Bulls v Sharks. Kick-off 3.00pm.
- 5.15 **LIVE United Rugby Championship** Munster v Zebre Parma. From Thomond Park. Kick-off 5.30pm.
- 7.40 **LaLiga Match Highlights**
- 8.00 **Bike World** Magazine.
- 8.30 **LaLiga Match Highlights**
- 8.40 **LIVE Argentine Primera Division** Boca Juniors v Gimnasia.
- 10.45 **Africa Eco Race** Highlights.
- 11.00 **NHL on the Fly** The latest news.
- 12.00 M'T **LIVE NHL Ice Hockey** Montreal Canadiens v Washington Capitals. From Bell Centre. Face-off 12.00m't.
- 3.00 **to 6.00** AM **Highlights**

Premier Sports 2

420 552

- 6.00 AM **Motorsport** Killarney Rally.
- 7.00 **Temples of Sport**
- 7.30 **Football** Highlights and features.
- 10.00 **NHL Ice Hockey**
- 12.00 NOON **Temples of Sport**
- 12.30 PM **United Rugby Championship**
- 2.30 **LIVE United Rugby Championship** Connacht v Glasgow Warriors. At Dexcom Stadium. Kick-off 3pm.
- 5.15 **LIVE United Rugby Championship** Dragons v Benetton. From Rodney Parade. Kick-off 5.30pm.
- 7.30 **LIVE United Rugby Championship** Ospreys v Ulster. From Swansea.com Stadium. Kick-off 7.45pm.
- 10.00 **LIVE NHL Ice Hockey** St Louis Blues v New Jersey Devils. Face-off 10.00pm.
- 1.00 AM **NHL Ice Hockey**
- 3.00 **to 6.00** AM **LIVE NHL Ice Hockey** Seattle Kraken v Vancouver Canucks.

Sky Sports F1

407 407 507 424 444

- 6.00 AM **Testing Wrap**
- 6.30 **The F1 Show: Lights Out**
- 7.30 **Indycar** Highlights and features.
- 9.30 **The F1 Show: Lights Out**
- 10.30 **Indycar** Action from Florida.
- 12.00 NOON **The F1 Show: Lights Out**
- 1.00 PM **Indycar** Highlights.
- 2.30 **LIVE Indycar** The Grand Prix of St. Petersburg second practice.
- 4.00 **The F1 Show: Lights Out**
- 5.00 **Indycar** Action from Florida.
- 6.30 **Testing Wrap** Pre-season review.
- 7.00 **The F1 Show: Lights Out**
- 8.00 **Indycar** Highlights.
- 9.30 **LIVE Indycar** The Grand Prix of St. Petersburg qualifying session.
- 11.00 **The F1 Show: Lights Out**
- 12.00 M'T **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sunday

1 March

Evening Planner

Football

Premier League

Sky Sports Main Event & Sky Sports Premier League, coverage from

Coverage of Man Utd v Crystal Palace, Fulham v Spurs, and Arsenal v Chelsea.

Drama

Lord of the Flies

BBC1, 9pm

As drama draws to a close, Ralph (Winston Sawyers) is on the run from Jack and his Savages, but rescue is on the horizon.

Documentary

Forensics: The Real CSI

BBC2, 9pm (times vary)

The true-crime documentary returns, starting with the investigation into the shocking stabbing of a 12-year-old boy.

Opera

Fires of the Moon

C4, 10pm (S4C, 9pm)

On St David's Day, this Welsh language opera follows a writer as he reflects on his mother's confinement in an asylum.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Antiques Roadshow		8.00 Call the Midwife		9.00 Lord of the Flies		10.00 News	10.30 Match of the...
	102 BBC2	7.00 This Farming Life		8.00 Big Cats 24/7		9.00 Forensics: The Real CSI		10.00 Film: Misery	
	103 ITV1	7.00 The Floor		8.00 Who Wants to Be a Millionaire?		9.00 The Lady		10.15 Film: Bad Boys	
	104 CHANNEL 4	‹ 6.40 The Dog House	7.45 The Great Pottery Throw Down			9.00 Secret Genius		10.00 Fires of the Moon	
	105 5	7.00 Romance Scams: Don't Get Caught Out		8.00 22 Kids & Counting		9.00 Rich House, Poor House			10.30 World's Most...
	106 SKY ONE	7.00 Film: The Hobbit: An Unexpected Journey						10.00 Saturday Night Live	
ENTERTAINMENT	115 BBC3	7.00 EastEnders				9.00 Film: Point Break			
	116 BBC4	7.00 Travels with Pevsner		8.00 Eurovision Classical Concerts		9.00 British History's Biggest Fibs with Lucy...		10.00 Making of Lord of the Flies	
	118 ITV2	‹ 6.25 Film: Jurassic World: Fallen Kingdom				9.00 The Heat		10.00 Family Guy	
	136 MORE4	‹ 6.55 Four in a Bed				9.00 999: On the Front Line		10.00 24 Hours in A&E	
	135 E4	‹ 6.00 Film: The Greatest Showman		8.00 The Simpsons		9.00 Married at First Sight UK: Reunion Special			10.35 Gogglebox
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Watson		10.00 The Rookie	
	108 SKY ATLANTIC	7.00 A Knight of the Seven Kingdoms							
	110 U&GOLD	‹ 6.50 Only Fools and Horses		8.10 Dad's Army		8.50 Victoria Wood as Seen...	9.30 dinnerladies		10.10 Victoria Wood as Seen on TV
	111 U&DAVE	‹ 6.40 Mortimer & Whitehouse: Gone...		8.00 Will & Ralf Should Know Better		9.00 Have I Got a Bit More News for You		10.00 QI	10.40 Mock...
	119 ITV3	‹ 6.00 Agatha Christie's Marple		8.00 Midsomer Murders				10.00 Vera	
	120 ITV4	‹ 6.00 NHL Ice Hockey – Live			8.30 Made in Britain	9.00 World of Sport	9.30 River Monsters	10.00 Black Sails	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Sweet Home Alabama			
	145 SKY SCI-FI	7.00 Star Trek: Deep Space Nine							
	143 U&DRAMA	‹ 6.40 Last Tango in Halifax		8.00 Sister Boniface Mysteries		9.00 Silent Witness			
	109 U&ALIBI	7.00 Murdoch Mysteries		8.00 Father Brown		9.00 Death in Paradise		10.00 NCIS: Sydney	
	122 SKY ARTS	7.00 Cirque du Soleil: Varekai				9.00 Elvis '56 Special			10.20 Chuck Berry: The King...
	132 U&W	7.00 Inside the Ambulance		8.00 Inside the Operating Theatre				10.00 The Young Midwives of Essex	
DOCUMENTARY	125 DISCOVERY	7.00 Moonshiners				9.00 Barnwood Builders		10.00 Wheeler Dealers	
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Little Giants		9.00 Alaskan Bush People		10.00 Tanked	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Gladiators: Warriors of the Ancient...		9.00 Titanic: The Digital Resurrection			10.30 Titanic...
	123 SKY HISTORY	7.00 Secrets in the Ice		8.00 The Sumatran Monster		9.00 Field of Vampires			
	155 U&YESTERDAY	7.00 Canal Boat Diaries				9.00 Classic Car Kings		10.00 Bangers & Cash	
	114 SKY DOCS	7.00 I Am Burt Reynolds				9.00 Film: Going Clear: Scientology and the Prison of Belief			
FILMS – Sky Cinema	301 PREMIERE	‹ 5.45 How to Train Your Dragon		8.00 Jurassic World: Rebirth					10.20 Bring Her Back
	302 HORROR HITS	‹ 5.45 It		8.00 The Shining					10.30 The Exorcist
	303 GHOSTBUSTERS	‹ 6.00 Ghostbusters		8.00 Ghostbusters				10.00 Ghostbusters II	
	304 GREATS	‹ 5.50 Jaws		8.00 Jaws 2				10.00 Jaws 3	
	305 ANIMATION	‹ 5.55 Spider-Man: Into the Spider-Verse		8.00 The Lego Movie			9.45 The Garfield Movie		
	306 FAMILY	‹ 5.25 The Hobbit: The Desolation of Smaug		8.10 The Hobbit: The Battle of the Five Armies					10.35 The Hobbit...
	307 ACTION		7.10 Jurassic World: Fallen Kingdom			9.20 Jurassic Park			
	308 COMEDY	‹ 6.00 How to Lose a Guy in 10 Days		8.00 The Hangover			9.55 The Hangover Part II		
	309 THRILLER	‹ 6.15 Cellular		8.00 Captain Phillips					10.20 Falling Down
	310 DRAMA	‹ 5.40 Terms of Endearment		8.00 It Ends with Us				10.15 The Cut	
	311 SCI-FI	‹ 6.00 Us		8.00 Companion			9.45 28 Days Later...		
	313 FILM4	‹ 6.05 Bridge of Spies				9.00 Déjà Vu			
SPORT	401 MAIN EVENT	‹ 4.25 Super...	7.30 PGA Tour Golf – Live: The Cognizant Classic						
	402 PREMIER LEAGUE	‹ 4.00 Super...	7.30 Super Sunday: Extra Time		8.30 Transfer 360		9.30 SNF	10.00 Premier League Highlights	
	403 FOOTBALL	7.00 EFL Goals		8.00 SPFL				10.00 EFL Highlights	
	405 CRICKET	‹ 6.30 ICC Men's T20 World Cup			8.30 WC'26 – Review	9.00 ICC Men's T20...	9.30 WC'26 – Review	10.00 ICC Men's T20 World Cup	
	410 TNT SPORTS 1	‹ 6.45 Welsh Open Snooker – Live: Further coverage from the final on the seventh day of the tournament						10.00 UFC	
	411 TNT SPORTS 2	‹ 6.30 Serie A	7.30 Serie A – Live: AS Roma v Juventus (Kick-off 7.45)				9.45 UEFA Champions League...		10.30 Ella Toone's...

‹ Denotes programmes starting before 7.00pm † Regions vary

SUNDAY

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Sunday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
7.40 **Match of the Day** (S)(R)
9.00 **Sunday with Laura Kuenssberg**
10.00 **Politics England** (S)
10.30 **Sunday Morning** New edition (S)
11.30 **Celebration Kitchen: Purim** New edition With Rob Rinder. (S)
12.30 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.15 **Songs of Praise** New edition (S)
1.50 **Lifeline** New edition (S)(AD)
2.00 **Escape to the Country** (S)(R)(AD)
2.35 **Gladiators** 7/11. Bradley and Barney Walsh host the second quarter-final. (S)(R)(AD)
3.35 **FILM Spider-Man 2** Fantasy adventure sequel starring Tobey Maguire and Kirsten Dunst. (S)(AD) (2004, PG, 120min) ★★★★
5.35 **BBC News** (S)
5.50 **Local News** (S)

8.00 Call the Midwife

6 PM
6.00 **Countryfile** New edition Sammi Kinghorn and Matt Baker join the start of salmon fishing season on the River Tweed. Plus, Tom Heap investigates a surge in illegal hare coursing. (S)

7 PM
7.00 **Antiques Roadshow** Fiona Bruce and the team visit Cromford Mills in Derbyshire, where items include a collection of rare football shirts, a platinum brooch found in a sock drawer and a quirky bird clock. (S)(R)

8 PM
8.00 **Call the Midwife** New episode 7/8. A cohort of junior doctors, including Timothy Turner, join the midwives on their district rounds, while Violet turns her hand to midwifery. (S15) (S)(AD)

9 PM
9.00 **Lord of the Flies** Series finale *Ralph:* 4/4. Ralph realises with horror that it is his turn to be hunted. *See feature, page 12.* (S1) (S)(AD)
■ *Making of Lord of the Flies* follows on BBC4

10 PM
10.00 **BBC News** (S)
10.25 **Local News** (S)
10.30 **Match of the Day** Highlights of the latest Premier League matches, including Manchester United v Crystal Palace, Arsenal v Chelsea and Brighton & Hove Albion v Nottingham Forest. (S)
11.45 **The Graham Norton Show** A compilation of highlights from the recent series, featuring interviews with Dwayne Johnson, Emily Blunt, Taylor Swift, Matthew McConaughey, Cillian Murphy, Greta Lee and Domhnall Gleeson. (S)(R)
12.30 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.35 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.15 AM **Take a Hike** (S)(R)
6.45 **Countryfile** (S)(R)
7.40 **Breakfast** (S)
9.00 **My Kind of Town** New edition (S)
9.30 **Great British Menu** (S)(R)(AD)
11.30 **Natural World: Honey Badgers – Masters of Mayhem** (S)(R)
12.10 PM **FILM The Lady Vanishes** Alfred Hitchcock's mystery comedy with Margaret Lockwood. (S)(AD) (1938, b/w, U, 90min) ★★★★★
1.40 **FILM The Man Who Never Was** World War Two spy thriller starring Clifton Webb and Gloria Grahame. (S) (1956, U, 100min) ★★★
3.20 **Earth** 5/5. (S)(R)(AD)
4.20 **Flog It!** From Glemham Hall. (S)(R)
5.05 **FILM Emma** Adaptation of Jane Austen's classic novel, starring Anya Taylor-Joy and Johnny Flynn. (S)(AD) (2020, U, 115min) ★★★★

5.05 Emma

FILM Emma
(film started at 5.05pm)
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

7.00 **This Farming Life** 1/12. Dairy farmers Lucy and Adam risk it all with a huge financial gamble, while Callum's attempts to get lambs to market are hampered when storms cause ferry chaos. (S)(R)

8.00 **Big Cats 24/7** 1/6. Following lions, leopards and cheetahs in the Okavango Delta, where the Xudum lion pride is now over 40 strong, and its mothers must hunt to feed their cubs. (S)(R)(AD)

9.00 **NEW SERIES Forensics: The Real CSI** *Murdered After School:* Return of the crime documentary. A 12-year-old boy is fatally stabbed in Birmingham on his way home from school. (S)(AD)

10.00 **FILM Misery** Suspense drama based on a story by Stephen King, starring James Caan and Kathy Bates. A romance novelist is held prisoner by his biggest fan. (S)(AD) (1990, 15, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.45 **FILM Hounded** Horror thriller starring Samantha Bond and Malachi Pullar-Latchman. Young thieves are caught by the owners of a stately home, and then hunted across the estate. (S) (2022, 15, 90min) ★★★
1.15 AM **Sign Zone: Silent Witness** 7&8/10. (S29) (S)(R)(AD)
3.15 **Sign Zone: Question Time** Topical debate from Birmingham. (S)(R)
4.15 **to 6.00** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **James Martin's Saturday Morning** With Katie Piper. (S)(R)
8.25 **Jimmy & Shivi's Farmhouse Breakfast** New edition (S)
9.25 **ITV News** (S)
9.30 **Love Your Weekend with Alan Titchmarsh** New edition (S)
11.25 **Fletchers' Family Farm** New edition Liz and Kelvin decide to reintroduce pigs to the farm. (S)
12.25 PM **ITV News** (S)
12.35 **Julia Bradbury's Wonders of the Frozen South** Series finale (S)
1.35 **Ainsley's Taste of the Bahamas** (R)
2.10 **Britain's Got Talent** (S)(R)(AD)
3.30 **FILM Raiders of the Lost Ark** Adventure with Harrison Ford. (S)(AD) (1981, PG, 130min) ★★★★★
5.40 **The Chase Celebrity Special** With David James, Lucrezia Millarini, Joe Sugg and Myles Stephenson. (S)(R)

3.30 Raiders of the Lost Ark

6.35 **ITV News** (S)
6.45 **Local News** (S)

7.00 **The Floor** New edition 9/10. Rob Brydon hosts the semi-final as the 17 remaining contestants face another tense round of quick-fire quiz duels as they aim for a place in the final. (S)(AD)

8.00 **Who Wants to Be a Millionaire?** New edition Big-prize quiz hosted by Jeremy Clarkson in which another line-up of contestants answer questions that could change their lives. (S)

9.00 **The Lady** New episode 3/4. Jane believes that marriage with boyfriend Tommy is just around the corner, but cracks soon appear in the relationship. (S1) (S)(AD)
■ Concludes tomorrow

10.00 **ITV News** (S)
10.15 **FILM Bad Boys** Action comedy thriller starring Martin Lawrence and Will Smith. A bachelor cop and his married partner have to switch identities in their pursuit of heroin thieves. With Téa Leoni and Theresa Randle. (S)(AD) (1995, 15, 125min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.20 AM **Teleshopping**
3.00 **The Real Unforgotten** 1/2. Reinvestigating the 1981 murder of Carol Morgan. (S)(SL)(R)(AD)
4.00 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Fletchers' Family Farm** (S)(SL)(R)(AD)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.15 AM **The King of Queens** 14-16/25. Triple bill. (S3) (S)(R)(AD)
7.30 **Everybody Loves Raymond** 10-12/24. Triple bill. (S6) (S)(R)(AD)
9.00 **Frasier** 10&11/24. (S4) (S)(R)(AD)
10.00 **Sunday Brunch** New edition With Tiffany, Samantha Womack, Harriet Kemsley and Deadletter. (S)
1.00 PM **The Simpsons** (S)(R)(AD)
2.00 **A Place in the Sun** (S)(R)
3.00 **Location, Location, Location** Two couples search for new homes in the south east of England. (S)(R)
4.05 **George Clarke's Amazing Spaces** Kay from Stockport plans to turn a former ambulance into a ski chalet on wheels. (S)(R)(AD)
5.05 **Bargain Holiday Secrets** Series finale 5/5. Jasmine Harman finds out the industry tricks to an indulgent getaway for less. (S)(AD)

5.05 Bargain Holiday Secrets

6.10 **News** (S)
6.40 **The Dog House** 4/4. Double trouble George and Daisy can't bear to be apart, so any prospective owner has to take both and have a garden big enough for both of them. (S)(R)(AD)

7.45 **The Great Pottery Throw Down** New edition 9/10. Siobhán McSweeney hosts the semi-final of the contest, as the four remaining potters make wall-mounted water fountains inspired by Rome's Trevi Fountain and take on guest judge and ceramic artist Cleo Mussi's surprise mosaic challenge. (S)(AD)

9.00 **Secret Genius** Series finale 6/6. Alan Carr and Susie Dent host the Grand Final. The four contestants place famous geniuses on a giant board, before two are chosen to face the final challenge. (S)(AD)

10.00 **NEW Fires of the Moon** Welsh-language opera film, inspired by Caradog Prichard's novel *Un Nos Ola Leuad*. A writer reflects on his mother's confinement in an institution during a melancholy train journey home. (S)(AD)
11.30 **FILM The Great Wall** Fantasy adventure starring Matt Damon, Willem Dafoe and Tian Jing. (S)(AD) (2016, 12, 100min) ★★★
1.10 AM **Ramsay's Kitchen Nightmares USA** (S)(R)
2.00 **The Simpsons** (S)(R)(AD)
3.45 **Kirstie's House of Craft** (S)(R)
3.55 **Couples Come Dine with Me** (R)
4.50 **Location, Location, Location** (R)
5.45 **to 6.25** AM **Countdown** (S)(R)

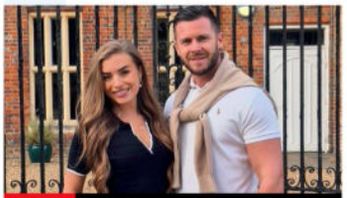
+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.00 **Entertainment News** (S)
9.10 **Bargain-Loving Brits in the Sun** Singer Paige prepares for an important show. (S)(R)
10.05 **Malta: The Jewel of the Med** Double bill of editions. (S)(R)
12.00 NOON **Cruising with Jane McDonald** Double bill. (S)(R)
2.00 PM **Inside the Tower of London** The fortress needs to make important changes. (S)(R)
3.00 It's 2023 and the Tower is preparing for the crowning of a new monarch. (S)(R)
4.00 **The Great Stink of 1858** Xand van Tulleken reveals how London was overwhelmed by a terrible smell in the 19th century, caused by thousands of gallons of raw sewage. (S)(R)



9.00 Rich House, Poor House

6.00 **News** (S)
6.05 **Celebrity Puzzling** Jeremy Vine hosts the quiz, with guests Owain Wyn Evans and Tim Vine joining team captains Carol Vorderman and Sally Lindsay (S)(R)
7.00 NEW **Romance Scams: Don't Get Caught Out** Alexis Conran and his team take on the fraudsters who exploit people's desire for love and friendship. (S)
8.00 **22 Kids & Counting** New edition Max prepares for his GCSEs as he tries to fulfil his ambition of working on engineering projects, while Ellie and Steven's first anniversary approaches. (S)
9.00 **Rich House, Poor House** New edition A single mother from Essex and her daughter swap homes with a millionaire entrepreneur who has made a fortune on Spain's Costa Blanca. (S)
10.30 **World's Most Expensive Cruise** Port officials in Lisbon hold up almost 200 *Seven Seas Splendor* passengers. (S)(R)
11.35 **Police Interceptors: Taking Down the Shoplifting Gangs**
12.40 AM **Bargain-Loving Brits in the Sun** (S)(R)
1.00 **Teleshopping** (S)(R)
2.30 **Friends** (S3) (S)(R)(AD)
2.55 **Charles & the Women Who Could Have Been Queen** (S)(R)
3.45 **Save Money on Your Supermarket Shop** (S)(R)
4.35 **Paul Martin's Antiques Showdown** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **S.W.A.T.** (S1) (S)(R)(AD)
9.00 **Great Barrier Reef with David Attenborough** (S)(R)
12.00 NOON **Police 24/7** (S)(R)
3.00 PM **The Simpsons** *Thirty Minutes Over Tokyo:* The family get stranded in Japan. (S)(R)
3.30 *Elementary School Musical:* Lisa attends a performing arts camp. (S)(R)
4.00 *Loan-a-Lisa:* Grampa decides to give each member of the family $50. (S)(R)
4.30 *MoneyBart:* Lisa signs up to coach Bart's Little League baseball team. (S)(R)
5.00 **Rob & Romesh vs Hollywood Stunts** The comedians head to Los Angeles to throw themselves into the world of Hollywood stuntmen. (S)(R)(AD)

7.00 The Hobbit

6.00 **Rob & Romesh vs Bollywood** The duo travel to Mumbai with the aim of breaking into one of the world's biggest film industries and earning roles in a movie. (S)(R)(AD)
7.00 FILM **The Hobbit: An Unexpected Journey** Peter Jackson's epic fantasy adventure based on JRR Tolkien's children's novel, starring Martin Freeman and Ian McKellen. Home-loving hobbit Bilbo Baggins joins a company of dwarves on a perilous quest to reclaim their lost kingdom. With Richard Armitage, Andy Serkis and Cate Blanchett. (S) (2012, 12, 180min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
10.00 **Saturday Night Live** New edition *Heated Rivalry* star Connor Storrie hosts the satirical sketch show, with music by Mumford & Sons.
11.30 **John Bishop 25 Tour: Live from Dublin** A stand-up performance recorded at the 3Arena in the Irish capital in which the comedian marks 25 years since he first stepped onto the stage. (S)(R)
1.15 AM **The Force: Manchester** Double bill of editions. (S)(R)
3.15 **Brit Cops: Frontline Crime UK** Documentary series. (S)(R)
4.10 **Road Wars** (S)(R)
5.00 **to 6.00** AM **Highway Patrol** (R)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
10.00-10.30am The Sunday Show **11.45pm** Sportscene: Premiership Highlights **12.45am** The Graham Norton Show **1.30** Weather **1.35-6.00am** BBC News

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.00-10.30am Sunday Politics **7.00-8.00pm** Story and Song: 180 Years of Queen's

WALES
Sky 965, Virgin 864, Freesat 965
10.00-10.30am Politics Wales **1.00pm** LIVE Snooker: The Welsh Open **4.30** Nigel Slater's Simple Cooking **4.35** Trace, Track, Get My Car Back **5.05-5.35** Bear Grylls: Wild Reckoning **7.00** Mike Bubbins: Welsh Learner **7.50-8.00pm** Best of Weatherman Walking

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00pm Cumasc:Seisiúin sa Black Gate **11.00** Sunday Politics **11.30-11.45pm** The Chronicles of Strangford Shorts

WALES
Sky 968, Freesat 968
12.10pm Nigel Slater's Dish of the Day **12.15** The Vintage French Farmhouse **1.00** BBC News **1.10** Weather for the Week Ahead **1.15** Songs of Praise **1.50** Lifeline **2.00** Escape to the Country **2.35** FILM Spider-Man 2 (2004, PG, 120min) ★★★★ **4.35** Villages by the Sea **5.05** SOS: Extreme Rescues **5.30** Weatherman Walking: Holyhead Mountain and Newborough Warren **6.00** This Farming Life **7.00** LIVE Snooker: The Welsh Open **10.00** Forensics: The Real CSI **11.00** St David's Day: Calan in Concert **12.00m't** Big Cats 24/7 **1.00-1.15am** Coast

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **9.00** Am Dro! **10.00** Cynefin **11.00** Arfordir Cymru: Llyn **11.30** Dechrau Canu Dechrau Canmol **12.00noon** Sgwrs Dan y Lloer **12.30pm** Y Deis **1.00** Y Fets **2.00** Antur y Gorllewin **3.00** Sgwrs Dan y Lloer **3.45** Ffermio **4.20** Clwb Rygbi **6.05** Pobol y Cwm Omnibws **7.15** Newyddion a Chwaraeon **7.30** Dechrau Canu Dechrau Canmol **8.30** Neges Olaf Mike Peters **9.00** Tanau'r Lloer **10.30-11.35pm** Radio Fa'ma

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** Callum faces a moral dilemma. **7.30** Johnny tries to resolve an escalating situation. **8.00** Ravi loses control following a difficult day. **8.30** Patrick and Yolande are shocked by Denzel.
9.00 FILM **Point Break** Action thriller starring Patrick Swayze and Keanu Reeves. An FBI agent goes undercover to join a gang of surfers who have been pulling off bank robberies disguised as former presidents of the United States. (1991, 15, 125min) ★★★★
10.55 **The Traitors Ireland** 11/12. The contestants lie for their lives to try to get to the Grand Finale. **11.45** 12/12. The players take part in the final mission.
12.40 AM **RuPaul's Drag Race UK vs the World**
1.45 **Sin City: The Real Las Vegas** 1&2/2. Documentary.
3.15 **Dinosaur** 6/6. (S2)
3.40 **to 3.55** AM **Govan Fair Queen**

MORE4

136/137 127 147 18 124 15

8.55 AM **A Place in the Sun**
12.30 PM **Come Dine with Me**
3.05 **A Place in the Sun** Craig Rowe helps a woman to find a home in Dordogne.
4.10 **Kirstie and Phil's Love It or List It** A terraced house in Northampton.
5.15 **Location, Location, Location** Kirstie Allsopp and Phil Spencer go house-hunting in south Devon.
6.20 **Four in a Bed** The contest kicks off at the Harboro Hotel in Melton Mowbray.
6.55 **Four in a Bed** The second visit of the week is to the Nest Hotel in Hampshire. **7.25** The third visit of the week is to the Queen's Head Inn in Northamptonshire. **7.55** The B&B owners visit Worlington Hall in Suffolk. **8.30** Payment Day arrives.
9.00 **999: On the Front Line** New edition A woman who hasn't eaten for two days is weak with a very swollen stomach and needs to go to hospital
10.00 **24 Hours in A&E** A man who has already had one arm amputated cuts his hand in a blender.
11.05 **24 Hours in A&E**
12.05 AM **999: On the Front Line** As shown at 9.00pm.
1.10 **24 Hours in A&E**
3.20 **to 3.50** AM **Supermarkets Unwrapped: The Freezer Aisle**

+1 hour 236/237 347 125

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Travels with Pevsner** Dan Cruickshank explores the architecture of Norfolk.
7.50 **Britain's Wild Places: Shearwater Island** A look at the nocturnal birds inhabiting Bardsey Island.
8.00 NEW **Eurovision Classical Concerts** Nicholas Collon conducts a concert celebrating Finland's Independence Day from the Music Hall in Helsinki.
9.00 **British History's Biggest Fibs with Lucy Worsley** 3/3. The government's coup to take over the rule of India from the Honourable East India Company.
10.00 NEW **Making of Lord of the Flies** Behind the scenes of the new BBC adaptation of William Golding's novel by writer Jack Thorne and director Marc Munden
11.00 **The Lady from the Sea**
12.40 AM **The Australian Wars**
1.40 **Travels with Pevsner**
2.30 **to 3.30** AM **British History's Biggest Fibs with Lucy Worsley**

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks Omnibus**
7.15 **Rude(ish) Tube Shorts**
7.30 **Modern Family**
9.30 **Teen First Dates**
10.35 **Don't Tell the Bride**
11.35 **Ramsay's Kitchen Nightmares USA**
3.30 PM **The Simpsons** Five episodes, including at: **5.00** *Burns' Heir:* Mr Burns chooses an heir. **5.30** *Sweet Seymour Skinner's Baadasssss Song:* Bart's latest antics get Principal Skinner fired.
6.00 FILM **The Greatest Showman** Musical drama starring Hugh Jackman. (2017, PG, 102min) ★★★★
8.00 **The Simpsons** New episodes *The Star of the Backstage:* Marge stages a revival of a musical. **8.30** *Bart's in Jail!* Grampa falls victim to a phone scam.
9.00 NEW **Married at First Sight UK: Reunion Special** Familiar faces return for a dinner party.
10.35 **Gogglebox** Opinions on *The Kardashians* and *Nadiya's Everyday Baking*.
11.40 FILM **Terminator: Dark Fate** Sci-fi adventure with Arnold Schwarzenegger. (2019, 15, 123min) ★★★★
2.15 AM **Married at First Sight UK: Reunion Special**
3.30 **Teen First Dates**
4.25 **to 6.00** AM **Hollyoaks Omnibus**

+1 hr 235/236 306 30 123 256

Sunday primetime

SUNDAY Entertainment

Sunday

Sky Witness

107 107 110 341 356

6.00 AM **Caught Red Handed**
8.00 **Border Security USA**
9.00 **Stop, Search, Seize**
10.00 **Border Patrol**
12.00 NOON **UK Border Force**
1.00 PM **Nothing to Declare UK**
2.00 **The Best of Nothing to Declare** Double bill.
3.00 **Police 24/7** Police officers pursue a woman who is suspected of stealing a car. **4.00** A routine traffic stop turns into a foot pursuit.
5.00 **Nothing to Declare** Four editions of the documentary.

9.00 Watson

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9 PM
9.00 **Watson** New episode *Expletive Deleted:* 3/20. The team treat a 30-year-old patient who looks 10 years old. (S2)

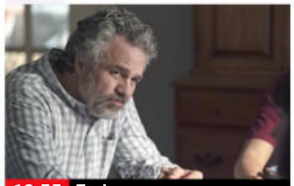
10 PM
10.00 **The Rookie** *Fast Andy:* 2/18. The president visits Los Angeles, Tim takes on a new role, and Miles's instincts are tested. (S8)
11.00 **Fire Country** 7/22. (S1)
12.00 M'T **Elsbeth** 4/10. (S1)
1.00 AM **Law & Order: Criminal Intent** 11/16. (S9)
2.00 **Law & Order: SVU** (S26)
3.00 **Road Wars**
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Fish Town** Double bill.
8.00 **Game of Thrones** (S8)
2.45 PM **Game of Thrones** 1/10. First episode of the fantasy drama. Lord Eddard Stark faces a dilemma when he is asked to serve at the side of King Robert Baratheon. **3.50** 2/10. Bran suffers another attempt on his life. **4.55** 3/10. A weary Ned struggles to deal with the politics of the king's court. **6.00** 4/10. Ned refuses to trust Pycelle or Littlefinger as he searches for the truth. (S1)


10.55 Task

7.00 **A Knight of the Seven Kingdoms** *The Hedge Knight:* 1/6. Prequel to *Game of Thrones.* **7.45** *Hard Salt Beef:* 2/6. Dunk seizes his moment with Prince Baelor. **8.25** *The Squire:* 3/6. Dunk teaches his Egg an important skill.

9.00 **A Knight of the Seven Kingdoms** *Seven:* 4/6. Dunk exercises his right to request a trial by combat. **9.40** *In the Name of the Mother:* 5/6. Dunk's mettle is put to the test. **10.20** *The Morrow:* 6/6. Dunk considers his next move. (S1)
10.55 **Task** 6/7. The task force, Dark Hearts and Robbie enter the woods. (S1)
12.00 M'T **Game of Thrones** (S1)
2.00 AM **NEW SERIES DTF St Louis** 1/7. Black comedy. (S1)
3.00 **Game of Thrones** (S1)
5.00 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Totally Bonkers Guinness World Records**
7.45 **Dress to Impress**
8.50 **The Only Way Is Essex**
10.50 **Deal or No Deal**
12.50 PM **Celebrity Catchphrase**
1.50 **Wheel of Fortune**
2.50 **FILM Trolls Band Together** Animated musical sequel with the voice of Anna Kendrick. (2023, U, 91 min) ★★★
4.45 **Britain's Got Talent**
6.00 **Britain's Got Talent: Unseen** New edition

2.50 Trolls Band Together

6.25 **FILM Jurassic World: Fallen Kingdom** Thriller sequel with Chris Pratt and Bryce Dallas Howard. While trying to protect genetically engineered dinosaurs, Owen Grady and Claire Dearing uncover a conspiracy. (2018, 12, 128min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **The Heat** New edition There is tension in the kitchen after an explosive dinner party, and a new chef joins the team.

10.00 **Family Guy** 10/20. Lois gets a new job. (S18) **10.30** 12/20. Stewie tries to combat ageing with plastic surgery. (S19)
11.05 **Family Guy** 3/20. Peter causes a fight between Lois's parents. (S18)
11.35 **American Dad!** (S16&14)
12.35 AM **The Heat** As 9.00pm.
1.35 **Plebs** 2/8. (S2)
2.05 **Deep Fake Neighbour Wars**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Wycliffe** (S1)
8.10 **Lewis** *The Point of Vanishing.*
10.10 **Endeavour** *Quartet.*
12.05 PM **Doc Martin** 1&2/7. (S3)
2.05 **Rosemary & Thyme** *The Memory of Water:* The amateur sleuths investigate a mysterious disappearance.
4.05 **McDonald & Dodds** 1/3. The detectives investigate when a the body of a woman missing for 35 years is found. (S4)
6.00 **Agatha Christie's Marple** *Greenshaw's Folly:* A murderer strikes at a country house.

4.05 McDonald & Dodds

Agatha Christie's Marple (started at 6.00pm)

8.00 **Midsomer Murders** *Things That Go Bump in the Night:* Barnaby and Scott investigate the murder of an undertaker in Fletcher's Cross, where residents are divided over a spiritualist church that could hold the clue to the case.

10.00 **Vera** *Home:* The detective investigates when a mother of two is found dead in her garden, but the case is made more complex when the victim's estranged family put in an appearance.
11.50 **The Lady** 1&2/4. Double bill of the fact-based drama. (S1)
1.50 AM **On the Buses**
2.20 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **The Best of the 70s**
6.20 **Auto Mundial**
6.50 **Motorsport Mundial**
7.20 **Cadfael**
9.00 **English Football League Highlights** Recent action.
10.30 **The Big Match Revisited**
11.35 **Ninja Warrior UK**
12.30 PM **Aussie Pickers**
1.30 **FILM Smokey and the Bandit II** Comedy sequel. (1980, PG, 104min) ★★
3.35 **FILM Diamonds Are Forever** James Bond adventure. (1971, PG, 119min) ★★★

3.35 Diamonds Are Forever

6.00 **LIVE NHL Ice Hockey** Pittsburgh Penguins v Vegas Golden Knights: Coverage of the inter-conference match staged at PPG Paints Arena. Face-off is at 6.00.
8.30 **Made in Britain** Exploring how traditional seaside rock is made.

9.00 **World of Sport**
9.10 **Nine Dart Finishes**
9.20 **Nijinsky's Triple Crown**
9.30 **River Monsters**

10.00 **Black Sails** 1/8. Drama. Captain Flint recruits John Silver in his fight for the survival of New Providence Island. (S1)
11.20 **Black Sails** 2/8. Flint unmasks a thief, and Rackham takes care of personal business. (S1)
12.20 AM **Shardlake**
1.20 **Minder**
2.15 **Lost Car Rescue**
3.00 **Teleshopping**
3.30 **to 4.00** AM **Auto Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

10.30 AM **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **Sportscene: Premiership Highlights** Extended action from Rangers v Celtic at Ibrox.
8.15 **The Repair Shop on the Road** Dominic Chinea learns how a fire put a 5,000-year-old craft in jeopardy.
9.00 **Paramedics on Scene** A crew help a woman who has been thrown off a horse near Dunbar.
10.00 **Still Game** 5/6. Jack and Victor decide to become dogsitters. (S7)
10.30 **Scot Squad** 1/5. The Chief deals with speculation he might quit to join the Met. (S8)
11.00 **Situationships with Sophie and Christine** Relationship advice.
11.30 PM **to 12.00** M'T **The Sunday Show** Hosted by Gary Robertson.

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S4)
10.30 **Ballers** 7-10. (S2)
12.50 PM **Sex and the City**
4.00 **Community** (S1)
6.30 **The Office (US)** 23/25. Michael treats the staff to a day at Lake Scranton. **7.00** 24/25. Michael, Jim and Karen vie for a corporate position. **7.30** 25/25. Part two of two. Jan decides to move in with a hesitant Michael. (S3) **8.00** 1/19. Part one of two. Michael hits Meredith with his car. **8.30** 2/19. Part two of two. Michael organises a charity fun run. (S4)
9.00 **Tom Davis: Underdog** Stand-up peformance.
10.15 **Kevin Hart: Reality Check** Stand-up show.
11.30 **Saturday Night Live** Connor Storrie hosts the satirical sketch show.
1.00 AM **And Just Like That...** 7&8/12. (S3)
2.35 **to 5.00** AM **Veep**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Bagpipes: A Celebration**
7.00 **Nicola Benedetti & Friends** From Belfast.
8.30 **Tales of the Unexpected**
10.45 **Alfred Hitchcock Hour**
11.45 **Landscape Artist of the Year** The Ouse Valley.
12.45 PM **Riverdance 25th Anniversary Show**
2.45 **Rod Stewart: It Had to Be You**
4.45 **Fleetwood Mac: Live in Boston**
7.00 **NEW Cirque du Soleil: Varekai** The circus company tells the story of Icarus.
9.00 **Elvis '56 Special**
10.20 **Chuck Berry: The King of Rock n' Roll**
12.10 AM **Opry Live**
1.10 **Dolly Parton: Song by Song** Six editions.
4.00 **Johnny Cash: The Man in Black in Britain**
5.00 **to 6.00** AM **Classic Albums**

Sky Mix

151 158 156 11 141 23

6.00 AM **Border Patrol**
8.00 **Nothing to Declare**
9.00 **Border Security USA**
10.00 **Caught on Dashcam**
12.00 NOON **Nothing to Declare** Double bill.
1.00 PM **Border Security: Canada's Front Line**
2.00 **FILM Hats Off to Love** Romantic drama starring Ginna Claire Mason and John Clarence Stewart. (2025, PG, 84min) ★★
4.00 **Wildest New Zealand**
5.00 **Big Cats Small World**
6.00 **Monkeys: An Amazing Animal Family**
7.00 **Caught Red Handed**
9.00 **Rob & Romesh vs West End Musicals** The comedians try to crack the world of musicals.
10.00 **Brassic** 3/6. (S2)
11.00 **Alan Carr: Regional Trinket** Stand-up show.
12.00 M'T **Caught on Dashcam**
2.00 AM **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Game show.
3.00 **In with a Shout** Game show hosted by Joel Dommett.
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Game show hosted by Stephen Mulhern.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Who Wants to Be a Millionaire?** Jeremy Clarkson gives six new contestants the chance to take their place in the hot seat, and hopefully become the next £1 million winner.
10.00 **Tipping Point** Triple bill of the arcade-themed game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show hosted by Ben Shephard.
1.50 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Four in a Bed**
2.00 PM **Find It, Fix It, Flog It** Triple bill.
5.00 **A Place in the Sun** Triple bill, including at: **7.00** Jean Johansson helps a woman looking for a holiday home in the Gran Alacant area.
8.00 **Bill Bailey's Vietnam** The comedian travels across the country on the 50th anniversary of the withdrawal of US forces from Saigon.
9.00 **Gogglebox** Opinions on recent TV shows.
10.00 **Night Coppers** On the beat with the police officers who patrol Brighton after dark. **11.05** Zoe and Emma respond to a dispute about missing teeth.
12.05 AM **999: What Happened Next**
1.05 **Gogglebox**
2.10 **Secret Genius**
4.10 **to 5.00** AM **How to Sleep Better**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **FILM War of the Worlds: Extinction** Sci-fi drama starring William Baldwin. (2024, PG, 84min) ★★
1.00 PM **Stargate SG-1** Five episodes, including at: **5.00** 2/22. O'Neill and the team pursue ancient Goa'uld Lord Seth. (S3)
6.00 **Star Trek: Deep Space Nine** 6/26. Part two of two. Sisko leads a mission to take back Deep Space Nine. (S6)

10.40 The Leftovers

7.00 **Star Trek: Deep Space Nine** *You Are Cordially Invited:* 7/26. Worf and Dax bring forward their wedding.
8.00 **Star Trek: Deep Space Nine** *Resurrection:* 8/26. The double of Kira's slain love requests asylum on Deep Space Nine.
9.00 **Star Trek: Deep Space Nine** *Statistical Probabilities:* 9/26. Dr Bashir makes a discovery. **9.50** *The Magnificent Ferengi:* 10/26. Quark leads a dangerous mission to rescue his mother from the Dominion. (S6)
10.40 **The Leftovers** *Lens:* 6/10. Nora and Erika must face up to some painful questions. (S2)
11.40 **The Leftovers** 7/10. Laurie makes a rash decision that affects the Garveys. **12.40** AM 8/10. Kevin faces an impossible choice. (S2) **1.50** 9&10/10. (S2)
4.10 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S9)
10.00 **Inspector George Gently**
12.00 NOON **Father Brown**
4.00 PM **Shakespeare & Hathaway: Private Investigators** 5/10. Frank and Lu must track down a vital witness in a crown court trial. **5.00** 6/10. Frank and Lu must clear their names when they find themselves framed for various crimes. (S2)
6.00 **Father Brown** *The Quill of Osric:* A novelist is attacked at a crime-writing festival.

7.00 Murdoch Mysteries

7.00 **Murdoch Mysteries** New episode *Fashion Crimes:* 8/21. Effie enlists Murdoch's help to defend a maid. (S19)
8.00 **Father Brown** *The Word of the Condemned:* The priest investigates the fate of Lady Felicia's beloved goddaughter.
9.00 **Death in Paradise** *Murder Most Animal:* 2/8. The local zoo owner is killed by a tranquilliser dart in an empty park. (S8)
10.00 **NCIS: Sydney** *Gone Fission:* 1/8. Crime drama spin-off. An American is found dead on a US submarine in Sydney. (S1)
11.00 **Death in Paradise** 7/9. A stag party ends in tragedy when the host of a fishing trip is found harpooned on a beach. (S10)
12.00 M'T **Traces** 5/6. (S1)
1.00 AM **Murdoch Mysteries** (S9)
2.55 **to 4.00** AM **We Hunt Together**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.00 AM **Only Fools and Horses**
12.50 PM **Only Fools and Horses** Ten episodes, including at: **4.50** Del Boy encounters an old flame, and Rodney experiences the joys of dating. **5.30** The Trotters attend Grandad's funeral – and meet a long-lost seafaring uncle. **6.10** Uncle Albert has a nasty fall into the cellar at the Nag's Head, but turns his injury into a profit-making opportunity. **6.50** Rodney aspires to become a pop star, but Del manages to ruin his chances.

8.10 Dad's Army

7.30 **Only Fools and Horses** The Trotters agree to dog-sit while Boycie and Marlene go away on holiday, little suspecting what lies ahead.
8.10 **Dad's Army** Jones buys some black-market pigeons from Walker.
8.50 **Victoria Wood as Seen on TV** Three divorcées share an apartment in the Upper East Side.
9.30 **dinnerladies** Bren gets excited about her forthcoming holiday.
10.10 **Victoria Wood as Seen on TV** Comedy sketches.
10.55 **Only Fools and Horses** Del Boy sees a chance to make a quick profit involving Denzil's redundancy money.
11.35 **Only Fools and Horses**
2.20 AM **dinnerladies**
2.55 **Victoria Wood as Seen on TV**
3.30 **to 4.00** AM **Only Fools and Horses**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Dave Gorman: Modern Life Is Goodish**
8.00 **Storage Hunters UK**
9.00 **Mortimer & Whitehouse: Gone Fishing** From Norway.
10.20 **Guy Martin: Proper Jobs**
11.20 **Top Gear** Double bill.
1.25 PM **Richard Osman's House of Games** Double bill.
2.40 **Hairy Bikers' Best of British**
4.40 **Greece with Simon Reeve**
5.40 **Turkey with Simon Reeve** Simon explores the country that lies at the crossroads between Europe and Asia.

5.40 Turkey with Simon Reeve

6.40 **Mortimer & Whitehouse: Gone Christmas Fishing** Bob and Paul head off for a fishing trip to Norway.
8.00 **Will & Ralf Should Know Better** The duo take hobbies to extremes, with ice-cold swims and full-frontal art classes.
9.00 **Have I Got a Bit More News for You** Roy Wood Jr hosts the satirical quiz, with guest panellists Guz Khan and Kirsty Wark.
10.00 **QI** With Tom Allen, Susan Calman and Zoe Lyons.
10.40 **Mock the Week** An edition featuring outtakes and other previously unseen bits.
11.20 **Mock the Week** With Angela Barnes, Alasdair Beckett-King, Rhys James and Josh Pugh.
12.00 M'T **Live at the Apollo**
1.00 AM **QI XL** With Bill Bailey.
2.00 **to 4.00** AM **Schitt's Creek**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.00 AM **Sister Boniface Mysteries**
7.50 **The Bill** Five episodes.
12.50 PM **Call the Midwife** (S5)
3.25 **Catherine Cookson's The Secret** Thriller set in 19th-century Tyneside, starring Colin Buchanan, Clare Higgins and June Whitfield. A successful businessman is haunted by his past actions.
6.40 **Last Tango in Halifax** 2/2. Conclusion of the 2016 festive special. Caroline tells Gillian the truth about why she had to take the new headship. (S4)

6.40 Last Tango in Halifax

Last Tango in Halifax (started at 6.40pm) — 7 PM
8.00 **Sister Boniface Mysteries** *The Happiest Family:* 7/8. During a weekend away, a former colleague of Sister Reg is found dead. (S4) — 8 PM
9.00 **Silent Witness** *Squaring the Circle:* A nanny working for a Russian oligarch is killed in a botched assassination attempt, a bloody shootout that also leaves an unknown hitman dead. Stars Emilia Fox, Richard Lintern and David Caves. — 9 PM
11.20 **New Tricks** *Talking to the Dead:* Pullman agrees to reopen the case of a teenager who was abducted and left to die in a transport container. — 10 PM
12.40 AM **Call the Midwife**
2.00 **A Small Light**
3.00 **to 4.00** AM **Copper**

+1 hour 243 316 60 260

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **Murder, She Wrote**
12.10 PM **Blue Bloods** (S7)
5.00 **Law & Order: Criminal Intent** *Wasichu:* 14/22. An undercover secret service agent is killed. **6.00** *Wrongful Life:* 15/22. A lawsuit leads to murder. (S5) **7.00** *World's Fair:* 11/22. A pregnant Muslim student is murdered. **8.00** *Privilege:* 12/22. A single mother and her date are murdered in her apartment while enjoying an evening in. **9.00** *Blind Spot:* 1/22. An investigation is launched into the death of a former ambassador's daughter. (S6)
10.00 **Law & Order: Special Victims Unit** (S21)
1.45 AM **Law & Order: Criminal Intent** (S5)
3.35 **to 4.00** AM **Cops**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Car Pound Cops**
8.30 **Dirty Home Rescue**
9.30 **Home and Away**
10.00 **Shoplifters: Caught Red Handed** Triple bill.
1.00 PM **Traffic Cops**
5.00 **Police Interceptors** Four editions, including at: **7.00** A stolen car is recovered on the M11. **8.00** A man is assaulted in the street by his wife.
9.00 **Twisted Sisters: Madness & Manslaughter** Sisters who ran repeatedly into traffic on a busy stretch of the M6. **10.00** The story takes an even more sinister and surprising twist.
11.00 **Forensics: Murder Scene** True-crime.
12.30 AM **Murdered at First Sight** Mandy Stavik.
1.25 **My Lover, My Killer**
2.20 **Skin A&E**
3.10 **to 4.00** AM **Eggheads**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Winter Road Rescue**
9.35 **Trucking Hell**
11.35 **Outback Truckers** Five editions, including at: **2.35** PM Following a trucker who is dependent on the livestock trade. **3.35** Tempers flare at a freight depot in Perth.
4.35 **FILM Johnny Guitar** Western drama starring Joan Crawford. (1953, PG, 110min) ★★★★
6.55 **FILM Tom Horn** Western adventure starring Steve McQueen. (1980, 15, 98min) ★★★
9.00 **FILM Cold Pursuit** Action drama starring Liam Neeson. A grieving snowplough driver seeks out revenge against the drug dealers who killed his son. (2019, 15, 119min) ★★★
11.20 **Extreme Tow Truckers**
3.25 AM **Winter Road Rescue** Documentary.
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.20 AM **My Family**
10.00 **Tipping Point**
1.00 PM **The Supervet: Noel Fitzpatrick**
2.00 **The Supervet at Christmas 2020**
3.00 **The Supervet: Noel Fitzpatrick** Triple bill.
6.00 **Inside the Ambulance**
8.00 **Inside the Operating Theatre** A man has his gall bladder removed. **9.00** A woman has an operation to repair the hernia she suffered while giving birth.
10.00 **The Young Midwives of Essex** Summah and her friend Lilli enjoy cocktails and a takeaway.
11.00 **Face to Face with Armageddon**
12.00 M'T **Louis Theroux: Extreme Love – Autism**
1.00 AM **Louis Theroux's Altered States**
2.00 **to 3.00** AM **Michael McIntyre's The Wheel**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great American Railroad Journeys**
8.00 **Canal Boat Diaries**
10.00 **Motorhoming Wales with Merton & Webster**
11.00 **Motorhoming Yorkshire with Merton & Webster**
12.00 NOON **Frozen Planet**
7.00 PM **Canal Boat Diaries** Robbie moors in Abingdon and tackles an emergency DIY repair. **8.00** Robbie visits a former Beatle's home.
9.00 **Classic Car Kings** Irv imports an original-run short wheelbase Porsche 911 from the east coast of America.
10.00 **Bangers & Cash** A Morris 1000 finds a new home with a 10-year-old superfan. **11.00** Jack visits Cheshire to collect two cars with a 35-year age difference.
12.00 M'T **to 3.00** AM **Bangers & Cash**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes in the City** From Paris.
7.00 **Teleshopping**
8.00 **Fantasy Homes by the Sea** Double bill.
10.00 **The Hotel Inspector**
12.00 NOON **My Lottery Dream Home**
3.00 PM **Escape to the Country** Double bill.
5.00 **A Place in the Sun**
9.00 **Long Lost Family** Two women trying to find birth parents after half a century apart.
10.00 **Who Do You Think You Are?** Sue Perkins discovers more about her orphaned grandfather and a great grandfather interned as an 'enemy alien' during World War One.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

Sunday

Great! TV

157 167 170 34 32

8.10 AM **The Waltons** (S4)
1.10 PM **The Waltons** (S4)
6.10 **FILM Robin Hood: Prince of Thieves** Adventure starring Kevin Costner. Robin Hood forms a band of outlaws to exact revenge on the tyrannical Sheriff of Nottingham. With Morgan Freeman. (1991, PG, 138min) ★★
9.05 **FILM Last Knights** Medieval adventure with Clive Owen and Morgan Freeman. A warrior fallen into disgrace seeks redemption by leading a band of soldiers to avenge his master's death. (2015, 15, 112min) ★★
11.30 **M*A*S*H** 14-17/24. (S1)
1.30 AM **Rumpole of the Bailey** 1/6. (S6)
2.35 **Home to Roost** (S3)
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.00 AM **FILM Panhandle** Western drama. (1948, b/w, U, 85min) ★★
10.55 **FILM Rangers of Fortune** Western. (1940, U, 80min) ★★
12.45 PM **FILM Pony Express** Frontier Western. (1953, U, 101min) ★★★
3.00 **FILM Hangman's Knot** Western. (1953, PG) ★★
4.55 **FILM A Lawless Street** Western. (1955, U) ★★
6.45 **FILM A Man Called Sledge** Western. (1970, PG, 93min) ★★
8.50 **FILM Bad Man's River** Spaghetti Western. (1972, 12, 90min) ★
10.55 **FILM The Ballad of Lefty Brown** Western. (2017, 15, 111min) ★★★
1.15 AM **FILM Red Headed Stranger** Western. (1986, 15, 105min) ★★
3.45 **FILM Kentucky Rifle** Western. (1956, U) ★★
5.15 **to 5.50** AM **Police Ten 7**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.10 AM **Diagnosis Murder**
9.10 **FILM Martha's Vineyard Mysteries: A Beautiful Place to Die** Drama starring Jesse Metcalfe. (2020, PG, 84min) ★★
11.00 **Murder, She Wrote** Ten episodes of the drama.
9.00 PM **FILM A Gourmet Detective Mystery: Eat, Drink and Be Buried** Crime drama with Dylan Neal and Brooke Burns. (2017, PG, 83min) ★★
10.55 **FILM The Gourmet Detective: Roux the Day** Crime drama starring Dylan Neal. (2020, PG, 83min) ★★
12.50 AM **FILM Killer Cover Up** Thriller starring René Ashton and Cece Kelly. (2021, 12, 88min) ★★
2.30 **FILM Killer in Law** Thriller with Kelly Sullivan. (2019, PG, 85min) ★★
4.00 **to 5.00** AM **Sue Thomas: F.B.Eye**

+1 hour 322

Great! Romance

319 317 424 52 47

8.00 AM **FILM Hometown Hero** Romantic drama. (2016, PG, 90min) ★★
10.00 **FILM 40 Below and Falling at Christmas** Comedy. (2015, PG) ★★
12.00 NOON **FILM Team Bride** Drama. (2023, U) ★★
2.00 PM **FILM Wedding at the Hamptons** Drama. (2022, PG, 90min) ★★
4.00 **FILM The Wedding Rule** Comedy. (2023, U) ★★
6.05 **FILM The Last Bridesmaid** Drama. (2019, PG, 90min) ★★
8.00 **FILM Dream Wedding** Romantic drama. (2023, U, 89min) ★★
9.55 **FILM Love at the Lodge** Drama. (2022, U) ★★
11.55 **FILM All of My Heart: Inn Love** Romance. (2017, PG, 90min) ★★
1.50 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM The Wedding Rule** Comedy. (2023, U, 90min) ★★

+1 hour 320

Together TV

170 136 83 162

11.00 AM **Battle of Britain: Empty Skies**
12.15 PM **FILM The Odd Job** Comedy. (1978, 15) ★★
2.00 **FILM Deadly Recruits** Thriller. (1986, PG) ★★★
4.00 **FILM Buster** Comedy drama with Phil Collins. (1988, 15, 102min) ★★
6.00 **FILM Vendetta for the Saint** Crime mystery starring Roger Moore. (1968, PG, 94min) ★★★
8.00 **FILM The Stick Up** Romantic adventure starring David Soul. (1977, 12, 101min) ★★★
10.00 **FILM Sex with the Stars** Erotic comedy starring Martin Burrows. (1980, 18, 90min) ★
12.00 M'T **FILM Sex Clinic** Drama. (1972, 18) ★★
1.45 AM **Real Thick Glasses**
2.00 **FILM Can You Keep It Up for a Week?** Comedy. (1974, 18, 94min) ★
4.00 **to 5.00** AM **Me and My Alcoholism**

Rewind TV

182 81 141

6.00 AM **Hank the Cowboy**
6.30 **Sherlock Holmes**
7.30 **The Lovers** (S1)
8.30 **The Fenn Street Gang**
9.30 **Bubblegum & Cheese**
10.30 **The Dustbinmen**
11.30 **That's My Dog**
12.00 NOON **The Champions**
1.00 PM **Boon** 7/13. (S3)
2.00 **The Prime of Miss Jean Brodie** 7/7. (S1)
3.00 **Carrott Del Sol**
4.05 **FILM The Little Princess**
5.55 **We Had One of Those**
6.05 **The Champions** (S1)
7.05 **The Lovers** 1&2/6. (S1)
8.05 **Boon** 7/13. (S3)
9.05 **The Man Who Made Husbands Jealous**
10.10 **FILM Orgy of the Dead**
12.00 M'T **Mary Millington's True Blue Confessions**
1.00 AM **Stereo Underground**
2.00 **Carrott Del Sol**
3.05 **The Prime of Miss...**
4.05 **Lady Killers**
5.05 **to 6.00** AM **Stereo Underground**

DMAX

158 151 169 39 147 35

6.00 AM **Baggage Battles**
10.00 **Chasing Classic Cars**
2.00 PM **Kindig Customs**
5.00 **Bangla Bangers**
7.00 **Land of the Lost Shark** Forrest Galante dives into treacherous, shark-infested waters in the southern hemisphere to rediscover three unique sharks lost to science for as long as 100 years.
8.00 **Alien Sharks: First Contact** Researchers try to make contact with bizarre alien sharks lurking in the deep.
9.00 **In Search of Monsters** Researchers seek answers to mysteries of the Mothman.
10.00 New evidence to prove the existence of the Chupacabra.
11.00 **Expedition X**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 258 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Man v Food**
12.00 NOON **Adam Richman Eats Italy** Double bill.
1.00 PM **James Martin's French Adventure**
3.00 **Great British Bake Off** Noel Fielding and Sandi Toksvig present the semi-final of the contest.
4.30 The 2019 final.
6.00 Matt Lucas joins Noel Fielding as host for the 2020 series.
7.30 Matt and Noel present Biscuit Week.
9.00 **James Martin's Islands to Highlands** James and Mark Jordan explore the delights of Guernsey.
10.00 The chef is joined by Paul Ainsworth to explore Dorset.
11.00 **James Martin's French Adventure** Double bill.
1.00 **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

7.00 AM **FILM Meteor Moon** Sci-fi action adventure. (2020, PG, 80min) ★★
9.00 **The A-Team** (S4)
2.00 PM **FILM Showdown** Western starring Rock Hudson and Dean Martin. (1972, PG, 99min) ★★
3.55 **FILM Last of the Mohicans** Adventure starring Steve Forrest. (1977, U, 97min) ★★
5.50 **FILM Donovan's Reef** Comedy starring John Wayne and Lee Marvin. (1963, U, 104min) ★★★
8.00 **The Twilight Zone** (S4)
9.00 **FILM Alive** Survival drama with Ethan Hawke. (1992, 15, 127min) ★★★
11.35 **FILM Terminal Velocity** Espionage thriller. (1994, 15, 102min) ★★
1.40 AM **FILM Bushwick** Action thriller. (2017, 15, 94min) ★★
3.25 **to 5.10** AM **FILM POW: The Escape** Thriller. (1986, 15, 90min) ★★

Legend Xtra

317 316 171 69 138 51

9.00 AM **The Twilight Zone**
10.00 **FILM Geo-Disaster** Sci-fi action drama. (2017, 12, 90min) ★
12.00 NOON **FILM Island of Terror** Horror. (1966, PG, 90min) ★★★
2.00 PM **FILM Asteroid-a-geddon** Adventure. (2020, PG, 90min) ★★
4.00 **The Fall Guy** (S2)
9.00 **FILM The Criminal** Crime drama starring Stanley Baker. (1960, b/w, 12, 97min) ★★★
10.55 **FILM Villain** Crime drama starring Craig Fairbrass. (2019, 18, 97min) ★★★
1.00 AM **FILM The Family** Crime thriller starring Charles Bronson. (1970, 18, 108min) ★★
3.00 **FILM Global Meltdown** Sci-fi disaster thriller starring Michael Paré. (2017, PG, 105min) ★
5.00 **to 6.00** AM **The Twilight Zone**

+1 hour 318 139

Blaze

156 169 174 64 161 41

6.00 AM **Road Wars**
6.45 **Rust Valley Restorers**
7.30 **Junk & Disorderly: Henry's Wreck-trospective** Double bill.
9.15 **Junk & Disorderly**
10.10 **Flipping Bangers**
11.10 **Pawn Stars**
2.05 PM **Auction Hunters: Pawn Shop Edition**
4.05 **Storage Wars**
8.00 **The Curse of Oak Island** It becomes apparent whoever was on Lot 5 was also deep in the Money Pit.
9.00 **Death Coast** The team search Scatarie Island, Nova Scotia, for the *Feversham*'s lost fortune.
10.00 **Secrets of the Lost Liners** The story of the SS *America*, which was built in 1940.
11.00 **Paranormal: Caught on Camera** Double bill.
1.00 AM **The Proof Is Out There** Triple bill.
4.00 **to 6.00** AM **Irish Pickers**

5SELECT

153 166 138 46 133 30

9.00 AM **Great British Ships**
1.00 PM **Columbo** Five episodes, including at:
5.55 *Lovely but Lethal:* A a chemist working for a cosmetics company is murdered.
7.25 *Lady in Waiting:* A woman keen to be rid of her dominant brother kills him and makes it look like an accident.
9.00 **When TV Goes Horribly Wrong** Disasters from some of the best-loved cookery shows.
11.00 **Taggart** *Double Exposure:* The Glaswegian detective is drawn into a suicide case where all is not as it seems.
1.45 AM **The River Thames: Then & Now**
2.45 **Secrets of the River Clyde** Documentary.
3.35 **Britain's Greatest Bridges** Tower Bridge.
3.50 **to 4.00** AM **Entertainment News**

Challenge

130/131 116/117 139 48 142 43

7.00 AM **The Chase**
9.00 **Dickinson's Real Deal**
11.00 **Blockbusters**
12.00 NOON **Celebrity Catchphrase**
1.00 PM **Tenable** Quiz show.
2.00 **Lily Savage's Blankety Blank** Triple bill.
4.00 **The Chase** Quiz show.
5.00 **The Chase Celebrity Special** Sair Khan, Tanni Grey-Thompson, Milton Jones and Shane Williams take part.
6.00 With Mikey North, Una Healy, Carl Froch and Alison Hammond.
7.00 **The Chase** Double bill.
9.00 **The Chase Celebrity Special** Edwina Currie, Rachel Riley, Keith Duffy and Mark Charnock compete for charity.
10.00 **The Chase** Quiz show.
11.00 **Bullseye** Six editions.
2.00 AM **The Chase**
4.00 **The Chase Celebrity Special** Quiz show.
5.00 **to 6.00** AM **The Chase**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Young Sheldon**
10.00 **The Big Bang Theory**
8.00 PM **Georgie and Mandy's First Marriage** New episodes 13/22. Jim feels ganged up on when Georgie and Audrey make changes.
8.30 14/22. Georgie scrambles to keep Mandy's new side job under wraps. (S1)
9.00 **Mock the Week** New edition With Rhys James, Ed Byrne, Glenn Moore, Sara Pascoe and Emmanuel Sonubi.
10.00 **Mock the Week**
11.00 **Guz Khan's Custom Cars** Guz fits air ride suspension to his Honda.
12.00 M'T **Young Sheldon**
12.30 AM **Dr Pimple Popper**
1.30 **Say Yes to the Dress: Atlanta** Reality series.
2.00 **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Stupid Central**
9.00 **Impractical Jokers**
11.00 **Friends** 5-24/24. (S2)
9.00 PM **FILM Sweet Home Alabama** Comedy with Reese Witherspoon, Josh Lucas and Patrick Dempsey. A New York fashion designer travels home to Alabama to get a divorce from her childhood sweetheart in order to marry her fiancé. (2002, 12, 109min) ★★★
11.10 **8 Out of 10 Cats Uncut**
12.00 M'T **8 Out of 10 Cats: Best Bits** Highlights.
12.50 AM **Whose Line Is It Anyway? USA**
1.20 **Dara O Briain: Craic Dealer** Stand-up show.
2.20 **Lee Evans: Roadrunner**
3.20 **Dragony Aunts**
3.30 **Iain Stirling's Roast the Internet**
4.15 **to 5.00** AM **Comedy Game Night**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S3)
7.00 **Teleshopping**
9.00 **Friends** 13-16/24. (S2)
11.00 **Everybody Loves Raymond** (S3)
2.00 PM **Criminally Funny**
9.00 **Friends** 19/24. Joey is interviewed by a TV magazine – but insists all his friends come along.
9.30 20/24. Rachel's mother plans to move in.
10.00 21/24. A bad review upsets Monica.
10.30 22/24. Chandler falls asleep at the premiere of Joey's film.
11.00 23/24. Rachel goes into labour.
11.30 24/24. Rachel finally gives birth after 21 hours in labour. (S8)
12.00 M'T **Friends** (S4)
2.00 AM **New Girl** (S3)
3.00 **The Daily Show**
4.55 **South Park** (S12)
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **That's 60s: Best Music Live!**
8.05 **On the Buses** (S1)
9.10 **Rising Damp** (S2)
11.15 **Rising Damp Christmas Special** 8/8. (S2)
11.45 **Rising Damp** (S3)
12.45 PM **Steptoe and Son**
4.20 **Going Straight** (S1)
7.55 **Minder** 4/8. (S6)
9.00 **Benidorm** 3/7. (S5)
9.55 **Shameless** 1/16. Frank receives bad news. (S5)
11.00 **Man About the House**
11.30 **Rising Damp** 1/7. (S1)
12.00 M'T **Benidorm** 3/7. (S5)
1.00 AM **Minder** 4/8. (S6)
2.00 **Till Death Us Do Part**
2.35 **Man About the House**
3.00 **Duty Free** 3/7. (S1)
3.25 **The Osbournes** (S2)
3.45 **That's 60s: Best Music Live!**
4.00 **Nearest and Dearest Xmas 1970** (S5)
4.25 **Nearest and Dearest**
4.50 **to 6.00** AM **Trainspotting**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **Teen Mom 2**
8.00 **16 and Pregnant**
1.00 PM **Catfish: The TV Show** Five editions.
6.00 **Catfish: Scammed**
7.00 **Catfish: The TV Show** Shi asks Nev and Kamie to help her meet Mira.
8.00 **Catfish: Repeat Offenders** Vonni's fallen for online sweet-talker Andrew and has sent him hundreds of dollars.
9.00 **Teen Mom UK: Next Generation** Chloe opens up to her mother about her anxiety, while Angel and Matt clash.
10.00 **Tattoo Fixers** A fashion designer wants his creepy tattoo amended.
11.00 **Ink Master: Angels**
12.00 M'T **Ridiculousness**
1.00 AM **Black Ink Crew New York** Double bill.
2.45 **Catfish: The TV Show**
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **Wheeler Dealers**
12.00 NOON **Alaska: Homestead Rescue** Marty Raney and his daughter Misty help would-be frontiersmen and women adjust to life off-the-grid. **1.00** PM The Raneys answer a call from central Alaska. **3.00** The Raneys arrive at a Washington State homestead and find the cabin collapsed. **5.00** The Raneys urgently help bus-dwelling Virginia homesteaders who have sent their son away until the homestead can thrive.

7.00 Moonshiners

7.00 **Moonshiners** New edition With 1,000 gallons stashed, Tim and Tickle face armed men hellbent on torching their plans.

8.00 **Moonshiners** New edition Investigating a Connecticut speakeasy that served the biggest celebrities during Prohibition.

9.00 **Barnwood Builders** The O'Dell Cabin finds a home in Texas to match a client's favourite painting.

10.00 **Wheeler Dealers** Mike buys a 58-year-old Dormobile campervan, but Elvis has a huge amount of work to do.

11.00 **Kindig Customs** Dave and Kev are checking out all the oddball cars at the Syracuse Nationals car show.
12.00 M'T **Overhaulin'** The team work on a classic Land Cruiser.
1.00 AM **Overhaulin'** Double bill.
3.00 **to 5.00** AM **Street Outlaws: Memphis**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **My Cat from Hell**
5.00 **Treehouse Masters** Pete Nelson creates an owl-inspired library in North Carolina.
6.00 **Meet the Penguins** The odds are stacked against an undersized, abandoned chick. **6.30** A large-scale leopard attack near Cape Town leaves 33 penguins dead.

8.00 Little Giants

7.00 **How Do Animals Do That?** How sea turtles navigate their way home. **7.30** How snakes hear when they have no ears.

8.00 **Little Giants** Bradley and Billy track the giant scolopendra centipede. **8.30** The search for a majestic micro-dragon.

9.00 **Alaskan Bush People** A storm hits the island, threatening the Browns' safety as they seek a new addition to Browntown.

10.00 **Tanked** A previous customer returns asking for an even bigger tank, and the team build a custom acrylic waterfall.

11.00 **Alaska: The Last Frontier** Otto and August radio Eivin for help after an emergency at sea.
12.00 M'T **Fish or Die**
1.00 AM **Great White Shark Babies**
2.00 **The Haunted**
3.00 **Tiger Shark King**
4.00 **to 5.00** AM **How Do Animals Do That?**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Ice Road Rescue**
10.00 **Yukon Rescue**
11.00 **Top Guns: The Next Generation** Double bill.
1.00 PM **Air Crash Investigation**
3.00 **Inside Melbourne Airport** Staff face a check-in outage. **4.00** A revolutionary airport trial faces cancellation. **5.00** A Turnaround Coordinator gets a passenger plane off the ground.
6.00 **Air Crash Investigation** Two float planes carrying tourists collide near a waterfall.

9.00 Titanic: The Digital...

7.00 **Air Crash Investigation** Experts investigate the disappearance of EgyptAir Flight 804.

8.00 **Gladiators: Warriors of the Ancient World** Series finale The story told by loyal gladiator Flamma's gravestone.

9.00 **Titanic: The Digital Resurrection** A team of experts produce the first 3D digital reproduction of the world's most famous shipwreck.

10.30 **Titanic: The Final Secret** How Dr Robert Ballard inadvertently located the wreck of the ill-fated liner.

11.30 **Drain the Titanic: A Ship Reborn** Exploring the wreck of the famous ship.
12.30 AM **Construction Fails** How the use of glass can lead to devastating problems. **1.30** Disasters involving cranes.
2.30 **Strangest Things**
4.30 **to 5.00** AM **Abandoned**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Storage Wars**
7.00 **Close Encounters Down Under** Triple bill of editions.
10.00 **Gold Wars Downunder**
11.00 **Pawn Stars** Triple bill.
2.00 PM **Secrets in the Ice** How and why humans have become frozen in time. **3.00** The fate of a British plane that vanished in 1947. **4.00** The discovery of a virus. **5.00** An ancient mummy with tattoos buried in Siberia. **6.00** The discovery of frozen remains of a woolly mammoth.

10.00 Gold Wars Downunder

7.00 **Secrets in the Ice** Great mysteries that have been frozen in time, including the mummified remains of three Inca children.

8.00 **The Sumatran Monster** A creature known as the Orang Pendek, or Forest Man, said to occupy the forests of Indonesia.

9.00 **Field of Vampires** 1/2. Exploring a plot in Poland containing 30 or so apparent 'deviant burials'.

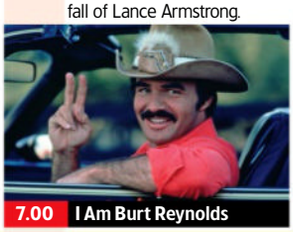
10.00 **Field of Vampires** 2/2. An international team of experts use cutting-edge science to investigate 'deviant burials'.

11.00 **History's Deadliest with Ving Rhames** Exploring history's most astonishing killers.
12.00 M'T **The UnBelievable with Dan Aykroyd** Exploring the strangest-but-true stories throughout human history.
1.00 AM **Secrets in the Ice** Investigating a frozen lake filled with human remains.
2.00 **to 6.00** AM **Secrets in the Ice**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **Discovering: Richard Attenborough**
7.00 **Discovering: Tom Cruise**
8.00 **The Directors**
9.00 **Kim's Video**
10.45 **My Icon: Solomon Wilcots**
11.00 **Wig** The history and influence of the Wigstock drag festival.
12.50 PM **My Icon: Pam Cookey**
1.00 **Dave Not Coming Back** Two divers' efforts to retrieve a dead body from a freshwater cave.
3.00 **Lance** 1&2/2. A personal examination of the rise and fall of Lance Armstrong.



7.00 I Am Burt Reynolds

7.00 **I Am Burt Reynolds** Family and friends of the iconic Hollywood actor come together to share memories of his life and fruitful career. **7 PM**

8.50 **My Icon: Linford Christie** The former sprint star discusses the individuals that have inspired him. **8 PM**

9.00 **FILM Going Clear: Scientology and the Prison of Belief** Documentary looking at the history of the Church of Scientology's leaders. (2015, 15, 120min) ★★★★ SEX ●●● VIOLENCE ●●● LANG ●●● **9 PM**

10 PM

11.20 **The Zen Diaries of Garry Shandling** 1&2/2. An intimate portrait of the American comedian, featuring interviews with his family, closest friends and celebrity fans.
4.00 **to 6.00** AM **The Loneliest Whale: The Search for 52** The search to find a rare whale that calls out at a frequency unrecognised by other whales.

Quest

140/141 149 128/137 17 145 18

6.00 AM **Find It, Fix It, Flog It**
9.00 **Antiques Road Trip**
2.00 PM **The Repair Shop**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Celebrity Yorkshire Auction House** Angus Ashworth helps Martin Roberts and Oti Mabuse.
8.00 **The Repair Shop** Items being restored include a hand-made toy car. **9.00** Experts repair a lead and glass terrarium and a thermometer. **10.00** Restoring a toy carriage and a clock. **11.00** A keepsake box, a toy speedboat and a pouffe are restored. **12.00** M'T A pinball penny slot machine is brought back to life.
1.00 AM **Massive Engineering Mistakes**
2.00 **Destroyed in Seconds**
4.00 **to 5.00** AM **How It's Made**

+1 hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Forensic Detectives**
9.00 **FBI Files** Double bill.
11.00 **Faking It: Tears of a Crime** Ian Huntley.
12.00 NOON **FBI Files**
3.00 PM **Judge Rinder's Crime Stories**
7.00 **Judge Rinder's Crime Stories** A woman who defrauded her friend out of thousands of pounds. **8.00** The cases of Adam Vincent and Sophie Lancaster.
9.00 **A Killer's Mistake** The case of hairdresser Hollie Gazzard, who was murdered by her former partner, Asher Maslin.
10.00 **Evil Lives Here** Myrle's husband dies under strange circumstances.
11.00 **Faking It: Tears of a Crime** Focusing on the case of Jack Shepherd.
12.00 AM **American Monster**
2.00 **to 4.00** AM **Murder on CCTV**

+1 hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
6.05 **Forensic Factor** Karyn Slover leaves her desk at 5pm and is never heard from again. **7.00** A series of bomb attacks rock the sleepy California city of Fremont. **8.00** When Thomas Ku vanishes, police officers scramble to find him.
9.00 **Murder UK** The case of Kylie Dembrey, who fell for Mark Sinclair, unaware his charm hid a violent abuser.
10.00 **Secrets of a Murder Detective** The murder of 14-year-old Nathaniel Shani, who was fatally stabbed in Manchester.
11.00 **Fatal Fall: Murder or Accident?** The case of Leslie Neulander.
12.00 M'T **Cult Justice**
1.00 AM **Forensic Factor**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Medical Detectives**
12.00 NOON **48 Hours**
2.00 PM **Donal MacIntyre: A Life in Crime**
3.00 **Facing Evil** The murder of Stephen Schulhoff. **3.30** The murders of Twila Busby and her two adult sons in their home.
4.00 **Murder: Point of Contact** In 2002, the Chishti family were victims of a fatal arson attack which killed eight family members including five children. **5.00** The case of Surjit Athwal, who was lured from Coventry to India under a false promise and never returned.
6.00 **Judge Judy** Back-to-back real-life small-claims cases.
12.15 AM **Judge Judy**
2.00 **Murder: Point of Contact** Double bill.
4.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **A1: Britain's Longest Road** Triple bill.
9.00 **Caught on Dashcam**
10.00 **Police 24/7**
12.00 NOON **Forensics: Catching the Killer**
1.00 PM **World's Most Evil Killers** Double bill.
3.00 **Killer in My Village**
5.00 **Britain's Most Evil Killers** Triple bill.
8.00 **Forensics: Catching the Killer** Margaret Gardiner.
9.00 **World's Most Notorious Killers** New edition Examining the crimes of Jack Unterweger.
10.40 **Britain's Most Evil Killers** Paul McNaughton.
11.40 **Murdered at First Sight**
12.35 AM **Killer in My Village**
1.30 **Murder Uncut**
2.30 **The Real CSI: Miami**
3.30 **World's Most Evil Killers**
4.30 **Highway Cops**
5.00 **to 6.00** AM **Brit Cops: Rapid Response**

+1 hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **Weathered: Earth's Extremes**
8.35 **Besieged Fortresses, Legendary Battles**
1.00 PM **Weathered: Earth's Extremes**
1.35 **Mafia's Greatest Hits**
3.50 **Besieged Fortresses, Legendary Battles** The daunting fortress of Richard the Lionheart. **4.55** Louis XII's bid to overcome La Rochelle. **6.00** Joan of Arc's victory at the Siege of Orléans. **7.10** The Battle of Alesia.
8.20 **Pandemic: The Flu That Killed 50 Million** The 1918 Flu pandemic.
9.35 **America's Great War 1917-1918** The stories of US soldiers who fought in World War One.
10.45 **Pandemic: The Flu That Killed 50 Million**
12.00 M'T **America's Great War 1917-1918**
1.15 **to 2.00** AM **Weathered: Earth's Extremes**

SUNDAY

Sunday

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Planet Weird**
9.00 **Wild Birds of Australia**
11.00 **Africa's Wild Roommates: How Animals Share Bed and Board**
12.00 NOON **13 Hours To Survive**
2.00 PM **Extreme Animals: One Wild Day** Documentary.
3.00 **Wild Battlegrounds**
4.00 **Untamed Valley**
5.00 **My Best Friend's an Animal** New edition Cameras check in on Elsa the sloth with Pedro.
6.00 **Extraordinary Animals** New editions Animals that take a playful approach to surviving. **6.30** A look at some of Australia's most sinister animals.
7.00 **David Attenborough's Rise of Animals: Triumph of the Vertebrates** 1&2/2. Exploring the evolution of vertebrates.
9.00 **Kui Buri: Thailand's Hidden Eden** A look at Kui Buri National Park in Thailand.
10.00 **In for the Kill**
11.00 **My Best Friend's an Animal**
12.00 M'T **Extraordinary Animals**
1.00 AM **Surviving the Amazon**
3.00 **to 6.00** AM **Planet Weird**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Combat Ships**
10.00 **Commando Missions**
11.00 **Britain's Lost Battlefields with Rob Bell** Triple bill.
2.00 PM **Ancient Aliens**
4.00 **Egypt's Unexplained Files**
5.00 **Treasures Decoded**
6.00 **Bradley Walsh: Egypt's Cosmic Code** Visiting Ancient Egypt's greatest monuments. **7.00** The presenter considers the riddle of the Sphinx. **8.00** Bradley uncovers the mysteries of King Tutankhamun.
9.00 **Secrets in the Dark** The eerie acoustics of the cave.
10.00 **Royal B**tards: Rise of the Tudors** Edward IV dies unexpectedly, throwing the future of England in the air.
11.00 **Ancient Aliens** Double bill.
1.00 AM **Dark Marvels: Killing Machines** Documentary.
2.00 **Inside the Tower of London**
3.00 **Cracking the Code**
4.00 **Mission Unexplained**
5.00 **to 6.00** AM **Full Custom Garage**

Discovery Science

167 148 179

8.00 AM **Blowing Up History**
10.00 **How It's Made**
12.00 NOON **How Do They Do It?**
2.00 PM **Savage Builds**
4.00 **How the Universe Works**
6.00 **How It's Made** The development of bamboo ceramic lights and asphalt compactors. **6.30** The development of items including asphalt pavers. **7.00** Wood panel canvases. **7.30** The manufacturing processes of Asian bowls and walking canes are detailed.
8.00 **Mysteries of the Deep** Jeremy Wade investigates one of the Bermuda Triangle's most infamous disappearances. **9.00** Jeremy explores a 140-year-old wreck that has been perfectly preserved.
10.00 **Houdini's Last Secrets**
12.00 M'T **How the Universe Works**
2.00 AM **Alien Highway**
3.00 **NASA's Unexplained Files**
4.00 **to 6.00** AM **How Do They Do It?**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **Murdertown**
8.00 **Nightmare in Suburbia**
10.00 **When Missing Turns to Murder**
12.00 NOON **Judge Rinder**
2.00 PM **Cops Gone Bad with Will Mellor** Double bill.
4.00 **Look What You Made Me Do** Five editions, including at: **7.00** A young girl wakes up to find her father and sister missing. **8.00** A whirlwind romance becomes a perfect storm when one of them ends up dead.
9.00 NEW SERIES **Cold Case Files** An 81-year-old woman is found in her burned-out car. **10.00** How DNA testing solved a 40-year-old murder case. **11.00** A man is gunned down in the lobby of his hotel.
12.00 M'T **Murder on Trial**
1.00 AM **Cold Case Files**
2.00 NEW SERIES **Ross Kemp: Lost Boys, Deadly Men** Factors that have driven young men to kill.
3.00 **Somebody's Hiding Something**
4.00 **to 6.00** AM **Motive to Murder**

+1hour 256 333

WILD

165 145 182

8.00 AM **The Incredible Dr Pol**
10.00 **Europe's Wild Marvels**
1.00 PM **Freaks & Creeps**
4.00 **Secrets of the Zoo: North Carolina** Double bill.
6.00 **Critter Fixers: Country Vets** New edition Dr Vernard Hodges and Dr Terrence Ferguson continue tackling rural Georgia cases with their signature humour and care.
7.00 **Savage Kingdom: Clash of Clans** New editions A leopard is faced with a tough choice. **8.00** A lion queen is on the verge of a new dynasty, but must defeat a rival pride.
9.00 **Europe's Great Wilderness** Animals that survive some of the most inhospitable climates. **10.00** An insight into the wide diversity of Europe's landscapes and wildlife.
11.00 **Snakes in the City**
12.00 M'T **Life Below Zero: First Alaskans** Double bill.
2.00 AM **Last of the Giants: Wild Fish** Double bill of editions.
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181

7.00 AM **Shed and Buried**
9.00 **HMS Ark Royal**
12.00 NOON **Combat Dealers**
3.00 PM **World's Greatest Motorcycle Rides**
6.00 **Blowing Up History** Experts reveal the secrets of the sunken town of Baiae. **7.00** Experts reveal the secrets of Thermopylae, the site of a battle where it is said 300 Spartan warriors lost their lives. **8.00** Experts use cutting-edge technology to reveal the secrets of the Empire State Building.
9.00 **Salvage Hunters: The Restorers** Metal worker Ted attempts to revive a model fairground, and Alex restores a piece of Beatles memorabilia. **10.00** Blacksmith Nev and stained-glass maker Gordon revamp a gothic lantern. **11.00** French polisher Alex tackles a foosball table that is badly weathered.
12.00 M'T **Ultimate Warfare**
2.00 **to 5.00** AM **Combat Dealers**

+1hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **Dr Christian Will See You Now** Four editions.
1.00 PM **Dr Christian Will See You Now** Six further editions:
7.00 **Dr Christian Will See You Now** A man seeks a way to get rid of his chronic headaches ahead of starting a family. **8.00** A professional stunt man tries to find out why he is constantly exhausted. **9.00** A woman whose Tourette's is affecting her relationship. **10.00** A woman who worries lipedema – a condition that causes a build-up of fat in her leg – could wreck her marriage.
11.00 **Dr Christian Will See You Now**
1.00 AM **David Attenborough's Natural Curiosities**
2.30 **The Lakes with Paul Rose**
3.00 **David Attenborough's Natural Curiosities** Triple bill.
4.15 **The Lakes with Paul Rose**
4.40 **David Attenborough's Natural Curiosities** Double bill.
5.30 **to 6.00** AM **The Lakes**

+1hour 266 376

ID

154 140 166

8.00 AM **Devil in Suburbia**
10.00 **Murder Chose Me**
12.00 NOON **American Monster**
4.00 PM **Disappeared** Double bill.
6.00 **Evil Lives Here** True stories of people accepting the loved one they once lived alongside developed into a killer. **7.00** How a legal loophole led to the release of a confessor.
8.00 **On the Case with Paula Zahn** The murder of a young woman leads police to two potential suspects – her new boyfriend and an obsessed stalker.
9.00 **The Curious Case of Natalia Grace: The Final Chapter** Natalia's presence drives a wedge between Nicole and Vince. **10.00** Natalia tries to break free from her manipulative parents.
11.00 **Signs of a Psychopath** A 24-year-old man falls under the spell of a 47-year-old widow.
12.00 M'T **Evil Lives Here**
2.00 AM **Signs of a Psychopath**
4.00 **to 5.00** AM **Faking It: Tears of a Crime**

+1hour 254 366

Discovery Turbo

161/172 146 180

7.00 AM **World's Greatest Motorcycle Rides**
10.00 **FourWheeler** Double bill.
11.00 **Bad Chad Customs**
12.00 NOON **Shed and Buried: Classic Cars** Five editions.
5.00 PM **Shed and Buried**
7.00 **Wheeler Dealers: Dream Car** Mike and Elvis help teacher David hunt down his dream car – a classic VW Golf GTI. **8.00** Mike takes a big gamble to secure a Fiesta RS Turbo. **9.00** Scott would love to own a VW Campervan to take his son on trips around their native Scotland, so Mike and Elvis will need to be creative. **10.00** The boys race to get a man with a degenerative condition his dream sports car. **11.00** Mike and Elvis trade up to an iconic off roader. **12.00** M'T Mike and Elvis are on a mission to get their hands on a Mk2 Ford Escort.
1.00 **to 4.00** AM **World's Greatest Motorcycle Rides**

+1hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

7.50 AM **One More Shot** Comedy. (2025, 15, 88min) ★★★
9.30 PREMIERE **Plainclothes**
11.15 **Jurassic World: Rebirth**
1.35 PM **King Ivory** Crime thriller. (2024, 15, 129min)
3.45 **I Know What You Did Last Summer** Horror reboot. (2025, 15, 119min) ★★★
5.45 **How to Train Your Dragon** Fantasy adventure with Mason Thames and Nico Parker. (2025, PG, 125min) ★★★★

9.30 Plainclothes

8.00 Jurassic World: Rebirth Fantasy adventure sequel starring Scarlett Johansson, Mahershala Ali and Jonathan Bailey. A crack team infiltrate a forbidden island to collect the DNA of three key dinosaur species. (2025, 12, 133min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 Bring Her Back Thriller starring Sally Hawkins. A brother and sister uncover a terrifying ritual at the secluded home of their new foster mother. (2025, 18, 104min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM PREMIERE **Plainclothes** Romantic thriller starring Tom Blyth, Russell Tovey and Maria Dizzia. (2025, 15, 95min)
1.55 **I Know What You Did Last Summer** As 3.45pm.
3.55 **to 6.00** AM **M3GAN 2.0** Sci-fi action thriller sequel. (2025, 15, 120min) ★★★

Sky Cinema Ghostbusters

303 303 403 503 517

7.25 AM **The Cinema List: Jurassic**
7.50 **Ghostbusters** As 8.00pm.
9.50 **Ghostbusters II** As 10.00pm.
11.50 **Ghostbusters** As 6.00pm.
2.00 PM **Ghostbusters** As 8.00pm.
4.00 **Ghostbusters II** As 10.00pm.
6.00 **Ghostbusters** Comedy reboot starring Kristen Wiig. When supernatural disturbances occur in New York City, four experts in the paranormal and their dim assistant investigate. (2016, 12, 113min) ★★★

6.00 Ghostbusters

8.00 Ghostbusters Supernatural comedy starring Bill Murray, Dan Aykroyd and Sigourney Weaver. A trio of New York university parapsychologists go into business as ghost exterminators. (1984, 12, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Ghostbusters II Supernatural action comedy sequel starring Bill Murray, Dan Aykroyd and Sigourney Weaver. Five years after ridding New York of a plague of spooks and demons, the Ghostbusters battle another batch of ghostly apparitions in the Big Apple. With Harold Ramis. (1989, PG, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Ghostbusters** As 6.00pm.
2.05 AM **Ghostbusters** As 8.00pm.
4.00 **to 6.00** AM **Ghostbusters II**

Sky Cinema Drama

310 310 410 510 524

7.50 AM **Quartet** Comedy drama. (2012, 12, 94min) ★★★★
9.30 **Legends of the Fall** Drama. (1994, 15, 133min) ★★★★
11.45 **Dunkirk** World War Two drama. (2017, 12, 106min) ★★★★★
1.35 PM **Darkest Hour** Period drama. (2017, PG, 122min) ★★★
3.40 **Elizabeth: The Golden Age** Historical drama sequel. (2007, 12, 114min) ★★★
5.40 **Terms of Endearment** Comedy drama with Shirley MacLaine. (1983, 15, 132min) ★★★★★
8.00 **It Ends with Us** Drama starring Blake Lively. A woman's abusive relationship is shaken after her first love reappears. (2024, 15, 125min) ★★★
10.15 **The Cut** Thriller with Orlando Bloom. A retired boxer returns to the ring for one last shot at the title, but must embark on an illegal weight cut programme first. (2024, 12, 99min) ★★★
12.00 M'T **Joker: Folie à Deux** Musical thriller starring Joaquin Phoenix. (2024, 15, 138min) ★★★★
2.20 AM **Valentine's Day** Romantic comedy. (2010, 12, 125min) ★★★
4.25 **Sky Cinema Preview**
5.25 **to 7.40** AM **American Sniper** Biopic. (2014, 15, 127min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

7.35 AM **Terminator Salvation** Sci-fi action thriller sequel. (2009, 12, 110min) ★★★
9.35 **Us** As shown at 6.00pm.
11.35 **The Lawnmower Man** Sci-fi thriller. (1992, 15, 105min) ★★★
2.00 PM **Edge of Tomorrow** Sci-fi adventure starring Tom Cruise. (2014, 12, 113min) ★★★★
4.00 **Get Out** Psychological thriller. (2017, 15, 104min) ★★★★★
6.00 **Us** Horror thriller starring Lupita Nyong'o and Winston Duke. (2019, 15, 116min) ★★★★
8.00 **Companion** Horror starring Jack Quaid and Sophie Thatcher. (2024, 15, 97min) ★★★★
9.45 **28 Days Later...** Horror thriller starring Cillian Murphy and Naomie Harris. A small group of people struggle to survive when a deadly virus devastates the UK, trapping its victims in a permanent state of murderous rage. (2002, 18, 113min) ★★★★
11.50 **Blade** Action adventure chiller. (1998, 18, 121min) ★★★
1.55 AM **Dual** Thriller with Karen Gillan. (2022, 15, 94min) ★★★★
3.35 **AfrAId** Horror. (2024, 15) ★★
5.10 **Sky Cinema Preview**
5.45 **to 7.25** AM **Westworld** Thriller. (1973, 15, 89min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.30 AM **The Hobbit: An Unexpected Journey** (2012)
9.20 **The Hobbit: The Desolation of Smaug** As 5.25pm.
12.05 PM **The Hobbit: The Battle of the Five Armies** As 8.10pm.
2.35 **The Hobbit: An Unexpected Journey** As 10.35pm.
5.25 **The Hobbit: The Desolation of Smaug** Peter Jackson's epic fantasy adventure starring Richard Armitage. (2013, 12, 161 min) ★★★★

5.25 The Desolation of Smaug

8.10 **The Hobbit: The Battle of the Five Armies**
Epic fantasy adventure starring Martin Freeman, Richard Armitage, Ian McKellen and Luke Evans. Dwarf king Thorin descends into madness as his homeland stands on the brink of war. (2014, 12, 144min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.35 **The Hobbit: An Unexpected Journey**
Peter Jackson's epic fantasy adventure starring Martin Freeman and Ian McKellen. Home-loving hobbit Bilbo Baggins joins a company of dwarves on a perilous quest to reclaim their lost kingdom. (2012, 12, 165min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.25 AM **The Hobbit: The Desolation of Smaug** (2013)
4.10 **to 6.35** AM **The Hobbit: The Battle of the Five Armies**

Sky Cinema Action

307 307 407 507 521

6.10 AM **Jurassic World: Rebirth**
8.30 **Jurassic Park** As 9.20pm.
10.40 **The Lost World: Jurassic Park** As shown at 11.30pm.
12.55 PM **Jurassic Park III** (2001)
2.45 **Jurassic World** Thriller sequel. (2015, 12, 124min) ★★★★
4.50 **Jurassic World: Rebirth** Fantasy adventure sequel. (2025, 12, 133min) ★★★
7.10 **Jurassic World: Fallen Kingdom** Adventure sequel. (2018, 12, 128min) ★★★

7.10 Jurassic World: Fallen...

Jurassic World: Fallen Kingdom
(film started at 7.10pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.20 **Jurassic Park** Steven Spielberg's monster thriller starring Sam Neill and Laura Dern. A billionaire showman creates an island leisure park populated by genetically engineered – and very dangerous – dinosaurs. (1993, PG, 127min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **The Lost World: Jurassic Park** Steven Spielberg's adventure sequel starring Jeff Goldblum and Julianne Moore. (1997, PG, 129min) ★★★
1.40 AM **Jurassic Park III** Adventure sequel with Sam Neill. (2001, PG, 92min) ★★★
3.15 **Jurassic World** As 2.45pm.
5.20 **to 7.30** AM **Jurassic World: Fallen Kingdom** As 7.10pm.

Sky Cinema Comedy

308 308 408 508 522

7.20 AM **The First Wives Club** Comedy. (1996, PG) ★★★
9.10 **Blades of Glory** Comedy. (2007, 12, 93min) ★★★
10.50 **Daddy's Home 2** Comedy sequel. (2017, 12, 100min) ★★★
12.40 PM **Zoolander** Comedy. (2001, 12, 89min) ★★★★
2.15 **Zoolander 2** (2016, 12) ★★★
4.00 **Instant Family** Comedy. (2018, 12, 118min) ★★★★
6.00 **How to Lose a Guy in 10 Days** Comedy. (2003, 12) ★★★

6.00 How to Lose a Guy in 10...

8.00 **The Hangover** Comedy starring Bradley Cooper, Ed Helms and Zach Galifianakis. Three friends try to find the missing groom after a riotous bachelor party in Las Vegas. With Justin Bartha. (2009, 15, 99min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **The Hangover Part II**
Dark comedy sequel starring Bradley Cooper. A drug-fuelled bachelor party in Bangkok leaves three friends looking for the bride's brother despite severe memory loss. (2011, 15, 101 min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **The Hangover Part III** Comedy sequel. (2013, 15, 100min) ★★
1.30 AM **Jackass: The Movie** Comedy. (2002, 18, 87min) ★
3.00 **Jackass 3** Slapstick comedy sequel. (2010, 15, 93min) ★★
4.50 **to 6.35** AM **Am I OK?** Romantic comedy drama. (2022, 15, 86min) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **The Surfer** Crime thriller. (2024, 15, 100min) ★★★★
7.50 **Layer Cake** (2004, 15) ★★★★
9.45 **The Bikeriders** Crime drama. (2023, 15, 116min) ★★★★
11.50 **The Equalizer** Action thriller. (2014, 15, 132min) ★★★
2.05 PM **The Equalizer 2** Thriller sequel. (2018, 15, 121min) ★★★
4.15 **The Girl on the Train** Thriller. (2016, 15, 107min) ★★★★
6.15 **Cellular** Thriller starring Chris Evans. (2004, 15, 94min) ★★★

8.00 Captain Phillips

8.00 **Captain Phillips**
Fact-based thriller starring Tom Hanks and Barkhad Abdi. Four Somali pirates hijack a US container ship, putting its veteran captain through a terrifying ordeal. (2013, 12, 129min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **Falling Down**
Controversial drama starring Michael Douglas as a highly stressed middle-aged Los Angeles man who one day violently loses his cool. (1993, 18, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **American Gangster** Ridley Scott's crime drama. (2007, 18, 157min) ★★★★
3.10 **Unhinged** Psychological thriller starring Russell Crowe. (2020, 15, 90min) ★★★
4.50 **to 6.30** AM **All the Devils Are Here** Mystery thriller. (2025, 15, 87min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Major and the Minor** Comedy. (1942, b/w, U) ★★★
1.05 PM **First Knight** Mythical drama starring Sean Connery. (1995, PG, 134min) ★★★
3.45 **Jumanji: The Next Level** Fantasy adventure sequel. (2019, 12, 123min) ★★★★
6.05 **Bridge of Spies** Steven Spielberg's fact-based Cold War drama with Tom Hanks. (2015, 12, 142min) ★★★★

6.05 Bridge of Spies

Bridge of Spies
(film started at 6.05pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Déjà Vu** Sci-fi thriller with Denzel Washington. A federal agent looking into the bombing of a New Orleans ferry encounters a hi-tech window into the past and races against time to prevent the tragedy. (2006, 12, 126min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **Ambulance** Crime drama starring Jake Gyllenhaal. A man desperate for money asks for help from his adoptive brother, a criminal who instead offers him a score, but their getaway goes wrong. (2022, 15, 136min) ★★★★
2.10 **to 3.55** AM **Fire Will Come** Spanish crime drama. Subtitled. (2019, 12, 86min) ★★★

+1hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema Horror Hits

302 302 402 502 516

6.10 AM **Pitch Black** Sci-fi chiller. (1999, 15, 108min) ★★★★
8.00 **The Crazies** Horror thriller. (2010, 15, 101 min) ★★★★
9.45 **Until Dawn** Horror starring Ella Rubin. (2025, 15, 99min) ★★★
11.30 **Speak No Evil** Horror thriller. (2024, 15, 110min) ★★★★
1.25 PM **Psycho** Alfred Hitchcock's notorious horror chiller. (1960, b/w, 15, 109min) ★★★★★
3.25 **Sinners** Horror thriller. (2025, 15, 132min) ★★★★
5.45 **It** Horror starring Bill Skarsgård. (2017, 15, 135min) ★★★★
8.00 **The Shining** Stanley Kubrick's chilling adaptation of the Stephen King bestseller, starring Jack Nicholson. A writer's job as a winter caretaker in a remote hotel puts his family in peril. (1980, 15, 119min) ★★★★★
10.30 **The Exorcist** Occult horror chiller starring Max von Sydow. (1973, 18, 121 min) ★★★★★
12.40 AM **Heart Eyes** Horror comedy with Mason Gooding and Olivia Holt. (2025, 15, 97min) ★★★★
2.30 **From Dusk Till Dawn** Horror thriller starring George Clooney. (1995, 18, 108min) ★★★★
4.25 **to 6.20** AM **The Radleys** Horror. (2024, 15, 115min) ★★★

Sky Cinema Greats

304 304 404 504 518

6.25 AM **Demolition Man** As 4.00am.
8.25 **The Warriors** Urban thriller. (1979, 15, 94min) ★★★
10.00 **Shenandoah** Western drama. (1965, PG, 101 min) ★★★★
11.50 **Enter the Dragon** As 2.15am.
1.35 PM **Batman Forever** Comic-book adventure. (1995, 12, 121 min) ★★★
3.40 **Batman & Robin** Fantasy. (1997, PG, 125min) ★★
5.50 **Jaws** Monster thriller starring Roy Scheider and Robert Shaw. (1975, 12, 125min) ★★★★★
8.00 **Jaws 2** Adventure thriller sequel starring Roy Scheider, Lorraine Gary and Murray Hamilton. Another shark returns to terrorise the small town of Amity. (1978, PG, 115min) ★★★
10.00 **Jaws 3** Adventure thriller sequel starring Dennis Quaid and Bess Armstrong. A great white shark makes its way to a marine theme park. (1983, 12, 99min) ★★
11.40 **Pulp Fiction** Quentin Tarantino's crime comedy with John Travolta. (1994, 18, 154min) ★★★★★
2.15 AM **Enter the Dragon** Action thriller starring Bruce Lee. (1973, 18, 97min) ★★★★
4.00 **to 6.00** AM **Demolition Man** Thriller. (1993, 15, 114min) ★★★

Sky Cinema Animation

305 305 405 500 514

6.30 AM **Rock Dog 2: Rock Around the Park** (2021, U) ★★
8.05 **Rock Dog 3: Battle the Beat** Animated adventure sequel. (2022, U, 90min) ★★
9.35 **Lego DC Comics Super Heroes: Justice League vs Bizarro League** Animation. (2015, U, 49min) ★★★
10.30 **Spider-Man: Into the Spider-Verse** As 5.55pm.
12.30 PM **The Lego Movie** (2014)
2.15 **The Boss Baby** Animated comedy. (2017, U, 97min) ★★★
4.00 **DC League of Super-Pets** Animation. (2022, PG) ★★★
5.55 **Spider-Man: Into the Spider-Verse** Animation. (2018, PG, 117min) ★★★★★
8.00 **The Lego Movie** Animation. (2014, U, 100min) ★★★★★
9.45 **The Garfield Movie** Animation. (2023, U, 101 min) ★★★
11.30 **Rango** Animated Western spoof. (2011, PG, 103min) ★★★★
1.20 AM **Lego DC Comics Super Heroes: The Flash** (2018) ★★★
2.45 **DC Super Hero Girls: Legends of Atlantis** (2018, PG) ★★★
4.05 **Batman Unlimited: Animal Instincts** (2015, PG) ★★
5.35 **to 7.00** AM **Scooby-Doo! The Sword and the Scoob** (2021)

Movies 24

312 313 419

7.00 AM **The Story of Love** Comedy. (2022, PG, 91 min) ★★
9.00 **CrimeTime: Freefall** Mystery. (2024, PG, 90min) ★★
11.00 **Royal-Ish** Romantic drama. (2025, PG, 84min) ★★
1.00 PM **Love's Greek to Me** Romantic drama with Torrey DeVitto. (2023, PG, 90min) ★★
3.00 **Sparks Over Brooklyn** Drama. (2023, PG, 89min) ★★
5.00 **Spring Breakthrough** Drama. (2023, PG, 90min) ★★
7.00 **A Nashville Legacy** Romantic comedy starring Andrea Lewis. (2023, PG, 85min) ★★
9.00 **An American In Austen** Comedy starring Eliza Bennett. A Jane Austen fan is transported into the world of *Pride and Prejudice*, and tries to avoid changing the plot. (2024, PG, 84min) ★★
11.00 **Mystery Island: Winner Takes All** Crime drama with Charlie Weber. (2025, PG, 90min) ★★
1.00 AM **A Playful Love** Romantic comedy starring Aliyah O'Brien. (2022, PG, 84min) ★★
3.00 **to 5.00** AM **Write Place, Write Time** Romantic comedy. (2023, PG, 85min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Dick Tracy's G-Men** Thriller. (1939, b/w, PG, 100min) ★★
8.10 **Spaceways** Sci-fi drama. (1953, b/w, PG, 76min) ★
9.45 **Tarzan and the Green Goddess** Jungle adventure. (1938, b/w, PG, 57min) ★
11.05 **The Beverly Hillbillies** (S2)
11.35 **Jack the Giant Killer** Fantasy adventure. (1961, U, 94min) ★★
1.25 PM **Batman** 53/60. (S2)
1.55 **The Calendar** Sports thriller. (1948, b/w, PG, 80min) ★★
3.30 **Give Us a Clue** With Marti Webb.
4.00 **The Man from UNCLE** (S1)
5.00 **The Footage Detectives**
6.00 **Hannay** 4/6. (S1)
7.00 **That's My Boy** 4/6. (S1)
7.30 **The Vise** 8/26. (S2)
8.00 **Sergeant Cork** 6/13. (S3)
9.05 **Who Do You Do?**
9.40 **Confessions of a Pop Performer** Comedy. (1975, 18, 86min) ★
11.25 **The Black Hole** Adventure. (1979, PG, 97min) ★★★
1.20 AM **The Heritage Chart Show**
2.25 **Burke's Law** 1/32. (S1)
3.25 **The Rogues** 4/30. (S1)
4.25 **The Adventures of Robin Hood** *Checkmate:* 9/39. (S1)
4.55 **The Buccaneers** 9/39. (S1)
5.25 **The Adventures of William Tell**
5.55 **to 6.00** AM **Cinebox Memories**

SUNDAY Sport 1 March

Sky Sports Main Event

401 401 501 419 439

- 6.30 AM **Sky Sports Catch Up**
- 7.00 **Goals on Sunday**
- 8.00 **Super League Highlights**
- 9.00 **LIVE Men's T20 World Cup** Zimbabwe v South Africa. Coverage of the Super Eight match from Arun Jaitley Stadium.
- 11.00 **LIVE SPFL** Rangers v Celtic. The Old Firm derby in the Scottish Premiership held at Ibrox. Kick-off 12.00noon.
- 1.00 PM **LIVE Premier League** Manchester United v Crystal Palace. The top-flight match at Old Trafford. Kick-off 2.00pm.
- 4.25 **LIVE Super Sunday** Arsenal v Chelsea. The Premier League match from the Emirates Stadium. Kick-off 4.30pm.
- 7.30 **LIVE PGA Tour Golf** Coverage of day four of the Cognizant Classic from PGA National Resort and Spa in Palm Beach Gardens.
- 11.00 **Sky Sports Catch Up**
- 12.00 M'T **LIVE NBA Basketball** Dallas Mavericks v Oklahoma City Thunder. The Western Conference match from American Airlines Center. Tip-off 1.00am.
- 3.30 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 502 420 440

- 6.00 AM **Premier League One on One**
- 6.30 **Premier League Highlights**
- 9.00 **The Sunday Supplement**
- 11.00 **Super Sunday Matchday**
- 12.30 PM **LIVE Super Sunday** Fulham v Tottenham Hotspur. The Premier League match from Craven Cottage. Kick-off 12.30pm.
- 4.00 **LIVE Super Sunday** Arsenal v Chelsea. Coverage of the Premier League match between the London rivals staged at the Emirates Stadium. The sides shared the spoils in a 1-1 draw in November's reverse fixture, with Trevor Chalobah giving the Blues a 48th-minute lead even though they had already been reduced to 10 men due to Moises Caicedo's red card, but the Gunners fought back through Mikel Merino 11 minutes later. Kick-off 4.30pm.
- 7.30 **Super Sunday: Extra Time**
- 8.30 **Transfer 360** Double bill.
- 9.30 **Premier League Highlights** Leeds United v Manchester City.
- 10.00 **Premier League Highlights**
- 2.00 AM **Transfer 360**
- 3.00 **PL Greatest Games**
- 4.00 **Best PL Goals 2018/19**
- 5.00 **to 6.00** AM **PL Best Goals**

Sky Sports Football

403 403 503 421 441

- 6.00 AM **EFL Highlights**
- 11.00 **LIVE SPFL** Rangers v Celtic. Coverage of the Old Firm derby in the Scottish Premiership held at Ibrox. The teams have faced each other three times already this season, with both sides winning one match each and drawing one. The teams drew 0-0 here in August, and since then Celtic have claimed a 3-1 win in the Scottish League Cup final, before the Gers prevailed by the same scoreline in this competition at Celtic Park in January. Kick-off 12.00noon.
- 3.00 PM **EFL Highlights**
- 6.30 **Bundesliga** Recent action.
- 7.00 **EFL League One Goals**
- 7.30 **EFL League Two Goals**
- 8.00 **SPFL** Rangers v Celtic.
- 10.00 **EFL Highlights** Championship.
- 11.00 **SPFL Highlights** Rangers v Celtic.
- 11.30 **EFL Greatest Games**
- 12.00 M'T **EFL Cup Retro**
- 2.00 AM **There's Only One Sauzee**
- 2.30 **Dundee United: Champions 83**
- 3.00 **EFL Greatest Games**
- 4.00 **Championship Season Review**
- 5.00 **Best Goals: EFL Cup 2022/23**
- 5.30 **to 6.00** AM **EFL Trophy**

Sky Sports Cricket

405 405 505 422 442

- 6.00 AM **Men's T20 World Cup**
- 9.00 **LIVE Men's T20 World Cup** Zimbabwe v South Africa. Coverage of the Super Eight match from Arun Jaitley Stadium.
- 1.00 PM **LIVE Men's T20 World Cup** India v West Indies. Coverage of the Super Eight match staged at Eden Gardens in Kolkata. Both sides qualified from their respective groups with a game to spare after winning their opening three matches, but holders India will be hopeful of making home advantage count today.
- 5.00 **Best of ICC WT20**
- 5.15 **Best of England v South Africa**
- 5.30 **Best of ICC WT20**
- 6.00 **Men's T20 World Cup**
- 8.30 **Men's T20 World Cup Review**
- 9.00 **Men's T20 World Cup** ndia v West Indies in the Super Eight match at Eden Gardens, Kolkata.
- 9.30 **Men's T20 World Cup Review**
- 10.00 **Men's T20 World Cup** India v West Indies from Eden Gardens.
- **10.30** Zimbabwe v South Africa.
- **11.00** India v West Indies.
- 11.30 **Men's T20 World Cup Review**
- 12.00 M'T **to 6.00** AM **Men's T20 World Cup**

Sky Sports Golf

406 406 506 423 443

- 6.30 AM **PGA Tour Golf**
- 9.30 **LIVE DP World Tour Golf** Coverage of day four of the Investec South African Open Championship from Stellenbosch Golf Club in South Africa.
- 2.30 PM **LIVE PGA Tour Golf** Coverage of the early stages of day four of the Cognizant Classic staged at PGA National Resort in Palm Beach Gardens, Florida.
- 6.00 **LIVE PGA Tour Golf** Continued coverage of the fourth day of the Cognizant Classic staged at PGA National Resort and Spa in Palm Beach Gardens, Florida. American golfers have won this event on the last three occasions with Joe Highsmith, Austin Eckroat and Chris Kirk all coming out on top since 2023.
- 11.00 **The Open – Official Films**
- 12.00 M'T **How the 2016 Ryder Cup Was Won** Archive highlights.
- 2.00 AM **LIVE TGL** Jupiter Links v Boston Common. Coverage of the team match from SoFi Center in Florida.
- 4.00 **PGA Tour Golf** Cognizant Classic.
- 5.00 **to 6.00** AM **School of Golf**

TNT Sports 1

410 413 521 408 430

- 6.00 AM **Premier League**
- 7.30 **UEFA Champions League Magazine** News and updates.
- 8.00 **Alpine Skiing** Highlights.
- 9.00 **LIVE Alpine Skiing** Coverage from day two of the women's Super-G in Soldeu, Andorra.
- 11.15 **Premier League: Big Interview**
- 11.45 **PREM Rugby Cup**
- 12.45 PM **LIVE Welsh Open Snooker** Coverage of the final on the seventh day from Venue Cymru in Llandudno.
- 4.00 **Ultimate Pool** Group eight of the Women's Champions League.
- 5.30 **Crouchy and Cole**
- 5.45 **MotoGP** Grand Prix of Thailand.
- 6.45 **LIVE Welsh Open Snooker** Further coverage from the final on the seventh day staged at Venue Cymru in Llandudno.
- 10.00 **UFC** A chance to see Brandon Moreno v Lone'er Kavanagh.
- 1.00 AM **Serie A** AS Roma v Juventus.
- 2.00 **TNT Sports Reload**
- 2.30 **Alpine Skiing** In Soldeu, Andorra.
- **3.00** In Garmisch-Partenkirchen.
- 3.30 **Ski Jumping World Cup**
- 4.30 **PREM Rugby Cup**
- 5.30 **to 6.00** AM **UEFA Champions League Magazine**

TNT Sports 2

411 414 522 409 431

- 6.00 AM **LIVE MotoGP** The Grand Prix of Thailand Moto2 race.
- 7.15 **LIVE MotoGP** The Grand Prix of Thailand MotoGP race staged at Chang International Circuit.
- 10.00 **MotoGP Films**
- 10.30 **LIVE Alpine Skiing** The men's Super-G from Garmisch-Partenkirchen in Germany.
- 12.45 PM **Uphill Climb** Tour de France.
- 1.30 **LIVE Men's Cycling Pro Series** Coverage of the Kuurne Brussels Kuurne in Belgium.
- 4.15 **Cycling** Omloop Het Nieuwsblad.
- 5.15 **Playing for Our Future**
- 5.30 **Isuzu UTE A-League** Wellington Phoenix v Sydney FC.
- 6.30 **Serie A** Inter Milan v Genoa.
- 7.30 **LIVE Serie A** AS Roma v Juventus. Coverage of the Italian top-flight match from Stadio Olimpico. Kick-off 7.45pm.
- 9.45 **UEFA Champions League Magazine** News and updates.
- 10.15 **The Breakdown**
- 10.30 **Ella Toone's Away Days**
- 11.00 **Supercars Championship**
- 1.00 AM **UFC Main Event**
- 2.00 **Welsh Open Snooker**
- 4.00 **Ultimate Pool** Recent action.
- 5.30 **to 6.00** AM **TNT Sports Reload**

Sky Sports Action

412 410 510 426 446

- 6.30 AM **Women's Super League**
- 6.45 **Super League Highlights**
- 7.00 **NBA on Fire** The latest news.
- 7.30 **Super League Highlights**
- 9.00 **Super League** A replay of Hull Kingston Rovers v Leeds Rhinos.
- 12.00 NOON **NFL Highlights**
- 2.00 PM **Super League Highlights**
- 3.00 **Super Bowl LX Highlights**
- 4.00 **Super League Highlights**
- 4.15 **Women's Super League**
- 4.30 **Super League Highlights**
- 6.00 **Premier League Darts** Another chance to see the fourth night staged at SSE Arena Belfast.
- 10.00 **NBA on Fire** The latest basketball news and highlights.
- 10.30 **NFL Bitesize Highlights** Denver Broncos v New England Patriots.
- **10.45** Denver Broncos v Buffalo Bills staged at Empower Field.
- 11.00 **NFL Highlights** Denver Broncos v New England Patriots.
- 12.00 M'T **LIVE NBA Basketball** Dallas Mavericks v Oklahoma City Thunder. The Western Conference match from American Airlines Center. Tip-off 1.00am.
- 3.30 AM **Super League Highlights**
- 4.30 **to 6.00** AM **NFL Bitesize Highlights**

Sky Sports Sky Sports+

404 404 504 427 447

- 6.30 AM **Sky Sports Catch Up**
- 7.00 **Goals on Sunday**
- 9.00 **The Sunday Supplement** The fall-out from yesterday's matches.
- 11.00 **Super Sunday Matchday**
- 12.30 PM **LIVE Super Sunday** Brighton & Hove Albion v Nottingham Forest. Coverage of the Premier League match staged at the AMEX Stadium. The reverse fixture back in November saw Brighton pick up a rare away win at the City Ground as they scored a goal in both halves to earn them all three points. Maxim De Cuyper scored in first-half stoppage time before Stefanos Tzimas finished the game off in the 88th minute. Kick-off 2.00pm.
- 4.30 **Sports Sunday**
- 6.00 **LIVE WTA Tennis** Coverage of the WTA Austin Open final, a hard-court tournament held at Westwood Country Club in Texas.
- 8.00 **Sky Sports Catch Up**
- 10.30 **LIVE WTA & ATP Tennis** Coverage from the Tours.
- 1.00 AM **Super League** Wigan Warriors v Leigh Leopards staged at Brick Community Stadium.
- 3.45 **to 6.00** AM **EFL Greatest Games**

Sky Sports Tennis

408 408 508 425 445

- 6.00 AM **WTA & ATP Tennis**
- 2.00 PM **WTA & ATP Tennis** The latest events on the Tours.
- 6.00 **LIVE WTA Tennis** Coverage of the WTA Austin Open final, a hard-court tournament staged at Westwood Country Club in Texas.
- 8.00 **ATP Tour This Week**
- 8.30 **WTA & ATP Tennis** Action from the Dubai Tennis Championships.
- 10.00 **ATP Tour This Week**
- 10.30 **LIVE WTA & ATP Tennis** Coverage from the latest events on the WTA and ATP Tours.
- 1.00 **to 6.00** AM **WTA & ATP Tennis**

Sky Sports Mix

416 412 511 429 449

- 6.00 AM **Premier League Darts**
- 10.00 **ATP Tennis** Recent finals.
- 12.00 NOON **Super League**
- 3.00 PM **Premier League Darts** Another chance to see the fourth night held at SSE Arena Belfast.
- 7.00 **Super League Highlights**
- 8.00 **Super League** A replay of Wigan Warriors v Leigh Leopards.
- 10.45 **My Icon** Christine Ohuruogu.
- 11.00 **ATP Tennis** Delray Beach Open.
- 12.00 M'T **ATP Tennis** Rio Open final.
- 1.00 AM **TGL** New York v The Bay.
- 3.00 **Darts Gold** Archive action.
- 4.00 **to 6.00** AM **PDC Classics**

TNT Sports 3

413 415 523 410 432

- 6.00 AM **TNT Sports Reload**
- 6.30 **LIVE SailGP** Coverage of the second day in Sydney, Australia.
- 8.00 **Cycling** Highlights.
- 11.00 **Crouchy and Cole**
- 11.15 **LIVE Cross Country Skiing** The men's skiathlon in Falun.
- 12.30 PM **LIVE Ski Jumping** The men's HS235 in Bad Mitterndorf.
- 2.15 **LIVE Ski Jumping** Women's HS90 in Hinzenbach, Austria.
- 3.45 **Crouchy and Cole**
- 4.00 **Supercars Championship**
- 6.00 **Alpine Skiing World Cup**
- 7.00 **Ski Jumping World Cup**
- 8.00 **T20 International Cricket**
- 9.00 **Women's One-Day International Cricket**
- 10.00 **Men's Cycling Pro Series**
- 12.00 M'T **World Superbike**
- 1.00 AM **Isuzu UTE A-League**
- 2.00 **T20 International Cricket**
- 3.00 **Women's One-Day International Cricket**
- 4.00 **to 6.00** AM **Men's Cycling**

TNT Sports 4

414 416 524 411 434

- 6.00 AM **LIVE Women's One-Day International Cricket** Australia v India. Coverage of the third and final ODI in the series from Ninja Stadium in Hobart.
- 12.00 NOON **TNT Sports Reload**
- 1.00 PM **LIVE Luge World Cup** Coverage of run one of the men's single in Saint Moritz, Switzerland.
- 2.00 **IBSF World Cup**
- 2.30 **LIVE Luge World Cup** Coverage of run two of the men's single in Saint Moritz, Switzerland.
- 3.15 **LIVE Cross Country Skiing** Coverage from the women's skiathlon in Falun, Sweden.
- 4.15 **Training Day** Tottenham.
- 4.30 **UEFA Champions League**
- 8.00 **UEFA Europa League**
- 9.00 **UEFA Conference League**
- 9.30 **Alpine Skiing** Highlights.
- 10.30 **Ski Jumping World Cup**
- 11.30 **TNT Sports Reload**
- 12.00 M'T **PREM Rugby Cup**
- 1.00 **to 6.00** AM **T20 Cricket**

Premier Sports 1

419 551

- 6.00 AM **Bike World** Magazine.
- 6.30 **World of FreeSports**
- 7.00 **Top 14 Rugby Union**
- 9.00 **LaLiga** Two match replays.
- 12.55 PM **LIVE LaLiga** Elche v Espanyol. K-o 1.00pm.
- 3.00 **LaLiga Match Highlights**
- 3.10 **LIVE LaLiga** Valencia v Osasuna. K-o 3.15pm.
- 5.15 **LaLiga Match Highlights**
- 5.25 **LIVE LaLiga** Real Betis v Sevilla. K-o 5.30pm.
- 7.30 **LaLiga Match Highlights**
- 7.55 **LIVE LaLiga** Girona v Celta Vigo. From Estadi Montilivi. Kick-off 8.00pm.
- 10.00 **World of FreeSports**
- 10.30 **Bike World** Highlights.
- 11.00 **NHL: This is Hockey**
- 11.30 **LIVE NHL Ice Hockey** New York Islanders v Florida Panthers. Face-off 11.30pm.
- 2.30 AM **NHL: This is Hockey**
- 3.00 **Top 14 Rugby Union**
- 5.00 **to 6.00** AM **NHL Specials**

Premier Sports 2

420 552

- 6.00 AM **NASCAR Trucks**
- 9.00 **LaLiga Highlights**
- 11.10 **LIVE Eredivisie** PEC Zwolle v Ajax. Coverage of the Dutch top-flight game at MAC PARK Stadion. Kick-off 11.15am.
- 1.15 PM **LaLiga Match Highlights**
- 1.25 **LIVE Eredivisie** FC Twente v Feyenoord. The Dutch top-flight match from De Grolsch Veste. Kick-off 1.30pm.
- 3.30 **Football's Greatest**
- 4.00 **NHL on the Fly**
- 5.00 **Top 14 Rugby Union**
- 7.00 **Motorsport** Valentino Rossi.
- 7.30 **LIVE NASCAR** Coverage of the DuraMax Grand Prix at Circuit of the Americas in Austin, Texas.
- 12.30 AM **Bike World** Highlights.
- 1.00 **LIVE NHL Ice Hockey** Anaheim Ducks v Calgary Flames. Coverage of the Western Conference match staged at Honda Center. Face-off 1.00am.
- 4.00 **to 6.00** AM **NHL Ice Hockey**

Sky Sports F1

407 407 507 424 444

- 6.00 AM **The Best of F1 2025**
- 7.00 **Testing Wrap** Pre-season review.
- 7.30 **Indycar** Action from Florida.
- 9.00 **Formula 1** Abu Dhabi Grand Prix.
- 10.30 **F1 Season Review**
- 12.30 PM **Indycar** Highlights.
- 2.00 **LIVE Indycar** The Grand Prix of St. Petersburg warm-up session on the St. Petersburg street circuit.
- 3.00 **LIVE Indy NXT** The Grand Prix of St. Petersburg on the St. Petersburg street circuit in Florida.
- 4.00 **The F1 Show: Lights Out**
- 5.00 **LIVE Indycar** Coverage of the Grand Prix of St. Petersburg, the opening round of the season on the St. Petersburg street circuit.
- 7.30 **Testing Wrap** Pre-season review.
- 8.00 **Indy NXT** Action from Florida.
- 9.15 **Martin Brundle & the F1 Helicopter**
- 9.25 **F1 Explained: Driving Style**
- 9.30 **Indycar** Highlights.
- 12.00 M'T **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Monday

2 March

Evening Planner

Reality

Handcuffed: Last Pair Standing

C4, 9pm

Jonathan Ross hosts as nine pairs of handcuffed strangers take on a road trip.

Drama

DTF St Louis

Sky Atlantic, 9pm

Colleagues David Harbour and Jason Batemen use an app in an attempt to spice up their lives – with deadly results.

Documentary

Ross Kemp: Lost Boys, Deadly Men

Crime+Investigation, 9pm

The actor investigates the rise in cases of violence against women and girls.

OnDemand

Paramount+

Marshals

Available today

Following on from *Yellowstone*, this spin-off follows Kayce Dutton (Luke Grimes) as he joins the US Marshals.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Panorama	8.30 Trace, Track... †	9.00 Silent Witness		10.00 News; Local News	10.40 Industry †
	102 BBC2	7.00 Global Eye	7.30 Grand Tours of...	8.00 Mastermind	8.30 University...	9.00 AI Confidential with Hannah Fry		10.00 Small Prophets	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Fletchers'...	8.00 Emmerdale	8.30 Coronation...	9.00 The Lady		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Batch from Scratch: Cooking for Less		9.00 Handcuffed: Last Pair Standing		10.00 Night Coppers	
	105 5	7.00 Celebrity Puzzling		8.00 Motorway Cops: Catching Britain's...		9.00 Police Interceptors: Taking Down the...		10.00 The X-Files	
	106 SKY ONE	7.00 The Simpsons		8.00 Agatha Raisin				10.00 Last Week Tonight with John Oliver	
ENTERTAINMENT	115 BBC3	7.05 Deadly 60	7.30 Film: Emma				9.30 Stacey Dooley: Stalkers		
	116 BBC4	7.00 Seven Worlds, One Planet		8.00 Raiders of the Lost Past with Janina...		9.00 Call My Bluff	9.30 Face the Music	10.00 Made by Machine: When AI Met the...	
	118 ITV2	7.00 Wheel of Fortune		8.00 Ant & Dec's Limitless Win		9.00 The Heat		10.00 The 1% Club	
	136 MORE4	‹ 6.50 The Dog House Australia	7.55 Grand Designs			9.00 Our Farm Next Door: Amanda, Clive...		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 MAFS UK Does...	8.00 The Great Celebrity Bake Off for...		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Police 24/7		8.00 Law & Order: Criminal Intent				10.00 The Equalizer	
	108 SKY ATLANTIC	‹ 6.45 Game of Thrones				9.00 DTF St Louis		10.00 All Her Fault	
	110 U&GOLD	7.00 Porridge	7.40 Dad's Army	8.20 Are You Being Served?		9.00 The Royle Family		10.20 Men Behaving Badly	
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 Will & Ralf Should Know Better		10.00 QI XL	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Midsomer Murders				10.00 Endeavour	
	120 ITV4	7.00 NHL Ice Hockey – Live: Nashville Predators v Detroit Red Wings (Face-off 7.00)					9.30 River Monsters	10.05 Nine Dart...	10.30 Film: World's...
	112 COMEDY CENTRAL	7.00 Friends				9.00 Michael McIntyre's The Wheel		10.00 Michael McIntyre: Live & Laughing	
	145 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Westworld			10.25 The Leftovers
	143 U&DRAMA	‹ 6.40 Last of the Summer Wine		8.00 Judge John Deed				10.00 New Tricks	
	109 U&ALIBI	7.00 Father Brown		8.00 Death in Paradise				10.00 Father Brown	
	122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 André Rieu: Dancing Through the Skies				10.00 Classic FM Live: A Film Music...	
	132 U&W	7.00 The Supervet						10.00 One Born Every Minute	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers		8.00 Scrapyard Dynasty		9.00 Maine Cabin Masters		10.00 Ancient Unexplained Files	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Great White Shark Babies		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation				9.00 To Catch a Smuggler		10.00 Yukon Rescue	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 American Pickers		9.00 Gold Wars Downunder			
	155 U&YESTERDAY	7.00 Turkey with Simon Reeve		8.00 Wilderness with Simon Reeve		9.00 Indian Ocean with Simon Reeve		10.00 Bangers & Cash	
	114 SKY DOCS	7.00 History of the Sitcom		8.00 I Love You, Now Die: The Commonwealth vs Michelle Carter					
FILMS – Sky Cinema	301 PREMIERE	‹ 5.55 M3GAN 2.0		8.00 Jurassic World: Rebirth					10.20 Plainclothes
	302 HORROR HITS	‹ 6.15 A Quiet Place: Day One		8.00 Nosferatu					10.15 From Dusk Till Dawn
	303 BOOK DAY	‹ 6.00 Stardust			8.10 How to Train Your Dragon				10.25 The Smurfs
	304 GREATS	‹ 6.20 Mad Max		8.00 Mad Max 2			9.40 Mad Max Beyond Thunderdome		
	305 ANIMATION	‹ 5.40 Angry...	7.25 Madagascar: Escape 2 Africa			9.00 Corpse Bride			10.20 Despicable Me 4
	306 FAMILY	‹ 6.00 Stuart Little	7.35 Stuart Little 2			9.05 Teenage Mutant Ninja Turtles			
	307 ACTION	‹ 6.10 2 Fast 2 Furious		8.00 Raiders of the Lost Ark				10.00 Furiosa: A Mad Max Saga	
	308 COMEDY	‹ 6.10 Role Models		8.00 Ace Ventura Pet Detective			9.30 Ace Ventura: When Nature Calls		
	309 THRILLER	‹ 6.15 Eye in the Sky		8.00 Lethal Weapon				10.00 Ocean's Eight	
	310 DRAMA	‹ 5.35 Joker: Folie à Deux		8.00 The Post				10.00 Jerry Maguire	
	311 SCI-FI	‹ 6.10 Xeno		8.00 Interstellar					
	313 FILM4	‹ 6.20 Little Women				9.00 The Menu			
SPORT	401 MAIN EVENT	7.00 Sports Centre	7.30 EFL – Live: Birmingham City v Middlesbrough (Kick-off 8.00)						10.30 Back Pages...
	402 PREMIER LEAGUE	7.00 PL Review		8.00 Ref Watch	8.30 Transfer 360	9.00 PL Review		10.00 PL Stories	10.30 Big Interview
	403 FOOTBALL	‹ 6.30 Bundesliga...	7.30 EFL – Live: Birmingham City v Middlesbrough (Kick-off 8.00)						10.30 Bundesliga...
	405 CRICKET	7.00 The Story of the ICC Men's T20 World...		8.00 ICC Men's T20 World Cup					
	410 TNT SPORTS 1	‹ 6.00 Ultimate Pool – Live: Coverage from Group A of the last eight of the Women's Champions League					9.30 PL Netbusters	10.00 Fight Week	10.30 UFC
	411 TNT SPORTS 2	‹ 6.00 MLB – Live: Detroit Tigers v Atlanta Braves (Start-time 6.05)				9.00 Fishing: On the Bank		10.00 Isuzu UTE...	10.30 Cricket

‹ Denotes programmes starting before 7.00pm † Regions vary

MONDAY

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Monday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **NEW SERIES Crimewatch Live** (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Bear Grylls: Wild Reckoning** New edition A rescue mission. (S)
■ Entire series on BBC iPlayer
2.30 **Marcus Wareing Simply Provence** Sweet treats. (S)(R)
3.00 **Escape to the Country** New edition Herefordshire. (S)
3.45 **Clean It, Fix It** (S)(R)
4.30 **NEW SERIES Celebrity Antiques Road Trip** Soap stars compete. (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.00 Silent Witness

7 PM
7.00 **The One Show** Alex Jones and Roman Kemp present the topical show. (S)
7.30 **EastEnders** Linda is worried for Johnny, while Julie and Phil have a decision to make when Nigel keeps asking to see Clare. (S)(AD)

8 PM
8.00 **Panorama: Will Robots Take My Job?** Investigating the rise of automation in the workforce. (S)
8.30 **Trace, Track, Get My Car Back** Vehicle recovery specialist Richard is on the trail of a stolen caravan. (S)(R)

9 PM
9.00 **Silent Witness** New episode *Shame – Part One:* 9/10. Nikki, Jack, Harriet and Kit navigate international tensions as they investigate the apparent suicide of a British-Chinese activist. (S29) (S)(AD)
■ Concludes tomorrow

10 PM
10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Industry** Series finale *Both, And:* 8/8. Yasmin seizes the chance at a new opportunity, while Henry considers whether to challenge the status quo. Harper, Yasmin and Henry face a moment of reckoning. (S4) (S)(AD)
11.45 **FILM King of Thieves** Crime drama based on the Hatton Garden heist, starring Michael Caine, Tom Courtenay, Jim Broadbent, Michael Gambon and Ray Winstone. A group of retired criminals try to pull off a major burglary in London's jewellery district. (S) (2018, 15, 100min) ★★
1.25 AM **Weather for the Week Ahead**
1.30 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.00 AM **Bargain Hunt** (S)(R)(AD)
6.45 **Sign Zone: Dragons' Den** (S)(R)
7.45 **Match of the Day** (S)(R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **Unbeatable** Game show. (S)(R)
2.15 **The Boss** Quiz show. (S)(R)
3.00 **The Vintage French Farmhouse** From Carpentras. (S)(R)
3.45 **Villages by the Sea** (S)(R)
4.15 **Oceans** Indian Ocean. (S)(R)(AD)
5.15 **Flog It!** From Newby Hall. (S)(R)
6.00 **Richard Osman's House of Games** New edition With Josh Jones, Sarah Keyworth, Melvin Odoom and Kimberly Wyatt. (S)
6.30 **Do You Know Your Place?** New edition Vernon Kay hosts, with guests Nitin Ganatra, the Rev Kate Bottley and Alex Gray. (S)

9.00 AI Confidential with Hannah Fry

7 PM
7.00 **Global Eye** Featuring investigations from BBC correspondents across the world. (S)
7.30 **Grand Tours of Scotland's Rivers** 6/6. Paul Murton heads to the River Ayr. (S)(R)(AD)

8 PM
8.00 **Mastermind** New edition Specialist subjects include Jimi Hendrix and Wilfred Owen. (S)
8.30 **University Challenge** New edition Two teams who lost their first match compete in a second quarter-final. (S)

9 PM
9.00 **AI Confidential with Hannah Fry** New edition 2/3. Hannah looks at the driverless car revolution, including asking who should be held responsible for the death of a pedestrian. (S)(AD)
■ Entire series on BBC iPlayer

10 PM
10.00 **Small Prophets** New episode 4/6. Kacey comes round to help Michael bury the jars. (S1) (S)(AD)
■ Entire series on BBC iPlayer
10.30 **Newsnight** (S)
11.00 **LS Lowry: The Unheard Tapes** An insight into the life and career of the painter. (S)(R)(AD)
12.00 M'T **FILM Official Secrets** Fact-based drama starring Keira Knightley and Matt Smith. (S) (2019, 15, 105min) ★★★★
1.45 AM **Sign Zone: Countryfile** (S)(R)
2.40 **Sign Zone: Death in Paradise** (R)
3.40 **Sign Zone: We Might Regret This** 1/4. (S2) (S)(R)(AD)
4.10 **Sign Zone: Lifeline** (S)(R)(AD)
4.20 **to 6.00** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** Current affairs and lifestyle features. (S)
9.30 **Lorraine** Entertainment, current affairs and fashion news. (S)
10.00 **This Morning** Celebrity chat, advice and lifestyle features. (S)
12.30 PM **Loose Women** Celebrity interviews and studio discussion from a female perspective. (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Lingo** Word-based quiz show hosted by Adil Ray. (S)(R)
3.00 **Riddiculous** New edition Quiz show hosted by Ranvir Singh. (S)
4.00 **Tipping Point** New edition Game show hosted by Ben Shephard. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 The Lady

7 PM
7.30 **Fletchers' Family Farm** The family put pet lamb Aga in with the rest of the flock, while Marnie and Milo make a birdbox and Kelvin is concerned the bad weather might ruin the harvest. (S)(R)(AD)

8 PM
8.00 **Emmerdale** Bear finds himself getting into further trouble. (S)(AD)
8.30 **Coronation Street** Cassie shelves her plan when news of Jim's death reaches Steve, while Bernie quizzes Kit about Mal's attack. (S)(AD)

9 PM
9.00 **The Lady** Series finale 4/4. Jane finds herself at the centre of a police investigation and faces trial at the Old Bailey, making a shocking allegation when she takes to the stand. (S1) (S)(AD)
■ Entire series on ITVX

10 PM
10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Cold Case Forensics: The Murder of Stephen Lawrence** 3/3. Forensic scientist Dr Angela Gallop and other experts reveal how the landmark case regarding the 1993 murder of Stephen Lawrence was finally brought to trial. (S)(R)(AD)
11.45 **Who Wants to Be a Millionaire?** Big-money quiz show hosted by Jeremy Clarkson. (S)(R)
12.40 AM **Teleshopping**
3.00 **Shark! Celebrity Infested Waters** (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Alan Titchmarsh's Gardening Club** (S)(SL)(R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 1-3/26. (S10) (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 12-15/24. (S4) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** (S)(R)
5.00 **Four in a Bed** New edition The week kicks off at the Three Horseshoes in Norfolk. (S)
5.30 **Come Dine with Me** New edition Claire serves up traditional local produce at the first dinner party of the week from south Wales. (S)
6.00 **A Place in the Sun** Leah Charles-King helps a couple from Derbyshire find a new home on Spain's Costa Blanca. (S)(R)

8.00 Batch from Scratch

7 PM
7.00 **News** (S)

8 PM
8.00 **Batch from Scratch: Cooking for Less** New edition Suzanne and Joe help the Burton family from Cardiff, who want to learn how batching can save the day when mum Becky goes back to work after maternity leave. (S)(AD)

9 PM
9.00 **NEW SERIES Handcuffed: Last Pair Standing** Jonathan Ross hosts this reality challenge in which nine pairs of strangers are handcuffed together and sent on a road trip. *See feature, page12.* (S)(AD)
■ Continues tomorrow

10 PM
10.00 **Night Coppers** Annie and Chris rush to help an officer who has been violently attacked in Brighton town centre, while Zoe and Jodie deal with a disorientated drunk who tried to smash his way into a stranger's house. (S)(R)(AD)
11.05 **Night Coppers** An officer races against time to find a person who is suicidal on a cliff edge. (S)(R)(AD)
12.10 AM **Emergency Helicopter Medics** Teams race to reach a man in cardiac arrest. (S)(R)(AD)
1.05 **Dirty Business** (S)(SL)(R)(AD)
4.00 **Kirstie and Phil's Love It or List It: Brilliant Builds** (S)(R)(AD)
4.30 **Find It, Fix It, Flog It** (S)(R)
4.35 **Hollyoaks Omnibus** (S)(SL)(R)
5.45 **to 6.25** AM **Countdown** (S)(R)

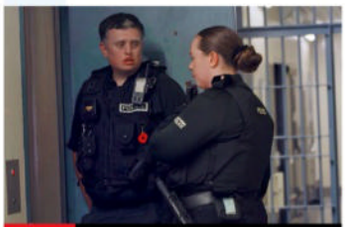
+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **The Good Ship Murder** 1/7. Jack's romantic plans with Kate are scuppered during a stop in Rome. (S2) (S)(R)(AD)
4.00 **Bargain-Loving Brits in the Sun** New edition Suzanna prepares a charity show. (S)
5.00 **News** (S)
6.00 **Love Nature** New edition How willow trees are used to prevent rivers overflowing. (S)
6.05 **The Motorway** The entire motorway must be shut down after a motorbike crash. (S)(R)
6.55 **News** (S)



9.00 Police Interceptors

7.00 **Celebrity Puzzling** New edition Jeremy Vine hosts, with captains Carol Vorderman and Sally Lindsay joined by guests Ugo Monye and Matt Edmondson. (S)
7.55 **News** (S)

8.00 **Motorway Cops: Catching Britain's Speeders** New edition Officers pursue a Land Rover believed to be on cloned plates, which later crashes, and the officers have to set off on foot when the occupants flee. (S)

9.00 **Police Interceptors: Taking Down the Shoplifting Gangs** New edition Detectives in Cheshire investigate a criminal gang responsible for stealing £160,000 worth of premium goods. (S)

10.00 **The X-Files** *Pilot:* 1/24. Pilot episode of the sci-fi drama starring David Duchovny and Gillian Anderson. An FBI agent is assigned to a fellow operative's investigations into the paranormal. (S1) (S)(R)
11.05 **The X-Files** 3/24. (S1) (S)(R)
12.05 AM **Traffic Cops** (S)(R)
1.00 **Teleshopping** (S)(R)
2.30 **Friends** (S3) (S)(R)(AD)
2.55 **World's Most Scenic Railway Journeys** Queensland. (S)(R)
3.45 **Save Money on Your Supermarket Shop** (S)(R)
4.35 **Paul Martin's Antiques Showdown** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128 | 253

SKY ONE

106 106 | 109 | 346 | 361

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Stargate SG-1** (S1) (S)(R)
9.00 **NCIS: Los Angeles** (S13) (S)(R)
10.00 **Will & Grace** (S1) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **Secret World of Sound with David Attenborough** (S)(R)
1.00 PM **Hawaii Five-0** (S1) (S)(R)
2.00 **NCIS: Los Angeles** (S)(R)
3.00 **S.W.A.T.** 5/22. (S1) (S)(R)(AD)
4.00 **Police 24/7** (S)(R)
5.00 **The Simpsons** *Lisa Simpson, This Isn't Your Life:* Lisa learns Marge was an A-grade student. (S)(R) **5.30** *MoneyBart:* Lisa coaches Bart's baseball team. (S)(R)
6.00 **The Office (US)** 5/19. The staff prepare to host a party. (S)(R) **6.30** 6/19. Michael kidnaps a pizza delivery boy. (S4) (S)(R)

10.00 Last Week Tonight

7.00 **The Simpsons** *The Fool Monty:* Mr Burns suffers from amnesia. (S)(R) **7.30** *How Munched Is That Birdie in the Window?* A psychiatrist recommends that the family rehome Santa's Little Helper. (S)(R)

8.00 **Agatha Raisin** *The Wizard of Evesham – Part One:* 1/6. The amateur sleuth's hairstylist becomes the centre of a maelstrom involving blackmail, conspiracy and murder. Stars Ashley Jensen. (S)(R)(AD)

9.00 **Agatha Raisin** *The Wizard of Evesham – Part Two:* 2/6. The beauty salon case continues for Agatha as she digs deeper into her hairstylist's supposed crimes. (S2) (S)(R)(AD)

10.00 **Last Week Tonight with John Oliver** New edition A satirical look at news and pop culture.
10.45 **Ricky Gervais Live: Animals** Feature-length film shot during the comedian's first stand-up tour. (R)
12.15 AM **Grimm** 5/22. A popular music teacher is eaten by rats in his car. (S1) (S)(R)
1.10 **Police 24/7** A woman lost in Florida tries to find her way back to New York. (S)(R)
2.00 **The Dyers' Caravan Park** New edition 3/6. Sales are still lagging at Priory Hill. (S)
3.00 **Hawaii Five-0** 5/24. (S1) (S)(R)
4.00 **S.W.A.T.** 5/22. (S1) (S)(R)(AD)
5.00 **to 6.00** AM **Highway Patrol** (R)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
8.30-9.00pm Banjo and Ro's Grand Island Hotel **10.40** Jules and Greg's Wild Swim **11.10** Industry **12.15am** Scotcast **12.45** FILM King of Thieves (2018, 15, 100min) ★★ **2.25** Weather for the Week Ahead **2.30-6.00am** BBC News

N. IRELAND
Sky 966, Virgin 863, Freesat 966
8.00pm Jane Rea's Bloomin' Wild **8.30-9.00** Panorama: Will Robots Take My Job? **10.40** True North: Punchline – Fighting for Laughs **11.10** Industry **12.15am** FILM King of Thieves: As Scotland. **2.00-6.00am** BBC News

WALES
Sky 965, Virgin 864, Freesat 965
8.00pm Scrum V Top 5 – Glenn Webbe **8.30-9.00** Bear Grylls: Wild Reckoning **10.40** Panorama: Will Robots Take My Job? **11.10** Industry **12.15am** The Truth About My Murder **12.55-1.25am** Scrum V Highlights

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00-10.30pm Cumasc: Seisiúin sa Black Gate **11.00** Small Prophets **11.30pm-12.00m't** QI

WALES
Sky 968, Freesat 968
7.00pm Scrum V Highlights **7.30-8.00pm** Feast of Football

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cais Quinnell **12.30** Heno **1.00** Iaith ar Daith **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion a'r Tywydd **3.05** Am Dro! **4.00** Awr Fawr **5.00** Stwnsh **6.00** Codi Hwyl: Llydaw **6.30** Rownd a Rownd **6.57** Newyddion **7.00** Heno **7.30** Newyddion a'r Tywydd **8.00** Y Byd ar Bedwar **8.25** Ciao! Colleen Ag Owain **8.55** Newyddion a'r Tywydd **9.00** Ffermio **9.33** Y Tywydd **9.35** Sgorio **10.05** Mike Bubbins: Un Mewn Miliwn **11.05-11.30pm** Ar Led

TV&Satellite week
New issue on sale tomorrow

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

7.00 PM **The Catch Up**
7.05 **Deadly 60** 1/2. Steve Backshall visits Costa Rica.
7.30 FILM **Emma** Adaptation of Jane Austen's novel, starring Anya Taylor-Joy, Johnny Flynn and Josh O'Connor. In Regency-era England, wealthy Emma Woodhouse proceeds to interfere in the romantic affairs of her friends. (2020, U, 124min) ★★★★
9.30 **Stacey Dooley: Stalkers** 1/2. The presenter meets victims and perpetrators of the most common type of stalking – ex-partner stalking. **10.05** 2/2. Stacey embeds with a police unit focused on cases of stalking – an obsessed fan, a man fixated with a girl half his age, and a former prisoner sending death threats.
10.50 **Sin City: The Real Las Vegas** 1&2/2. Documentary.
12.20 AM **The TikTok Effect**
1.15 **Tommy: The Good. The Bad. The Fury**
3.45 **to 3.55** AM **Press X on the BBC**

BBC4

116 119 | 107/108 | 9/24 | 106 | 108 | 11

7.00 PM **Seven Worlds, One Planet** Exploring life on each of the continents, beginning with Antarctica.
8.00 **Raiders of the Lost Past with Janina Ramirez** A 1,000-year-old ship that transformed the reputation of the Vikings.
9.00 **Call My Bluff** With Diana Quick, Robert Powell, Nigel Havers and Anouska Hempel.
9.30 **Face the Music** With panellists Robin Ray, Joyce Grenfell and Richard Baker.
10.00 **Made by Machine: When AI Met the Archive** Hannah Fry and a virtual host present a new way of making television.
11.00 **Horizon: Dawn of the Driverless Car**
12.00 M'T **Romancing the Stone: The Golden Ages of British Sculpture**
1.00 AM **Face the Music**
1.30 **Seven Worlds, One Planet** As 7.00pm.
2.30 **to 3.30** AM **Raiders of the Lost Past with Janina Ramirez**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **The Perfect Pitch**
9.30 **Find It, Fix It, Flog It**
10.25 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed**
4.50 **Car S.O.S** Fuzz Townshend and Tim Shaw secretly restore a valuable AC Aceca. **5.50** Fuzz and Tim work on a 1970s Datsun 240z.
6.50 **The Dog House Australia** After making a big move from the countryside to the coast, Kristy's on a quest to find a new canine companion.
7.55 **Grand Designs** A master carpenter faces the biggest challenge of his career.
9.00 **Our Farm Next Door: Amanda, Clive and Kids** 2/5. The first major job for builder Richard is to strip off the old roof stones, remove the wrecked roof timbers and add a steel beam to support the new structure.
10.00 **24 Hours in A&E** The team treat a biker who was involved in a head-on collision, and a teenager left with injuries to his hand after punching through a window.
11.05 **24 Hours in A&E**
12.05 AM **999: On the Front Line** Documentary.
1.05 **24 Hours in A&E**
3.20 **to 3.50** AM **Supermarkets Unwrapped: Fruit & Veg Aisle**

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Goldbergs**
10.00 **Modern Family**
11.00 **Ramsay's Kitchen Nightmares USA**
1.00 PM **Brooklyn Nine-Nine**
2.00 **The Simpsons**
3.00 **The Goldbergs**
4.00 **Modern Family**
5.00 **Brooklyn Nine-Nine**
6.00 **The Simpsons**
7.00 **Hollyoaks** Sienna has to make a tough decision.
7.30 **MAFS UK Does Come Dine with Me** Five *Married at First Sight UK* contestants battle it out for charity.
8.00 **The Great Celebrity Bake Off for Stand Up to Cancer** Carol Vorderman, Kelly Brook, Rob Rinder and Mo Gilligan take part.
9.00 **Gogglebox** *Our Dementia Choir Sings Again with Vicky McClure* is appraised.
10.00 **Gogglebox** Opinions on *The Ex-Wife* and *Bargain Hunt*.
11.05 **First Dates**
12.10 AM **Naked Attraction's Best Naughty Bits**
1.15 **Gogglebox**
3.10 **Brooklyn Nine-Nine**
4.00 **The Goldbergs**
4.50 **to 6.00** AM **Don't Tell the Bride: Revisited**

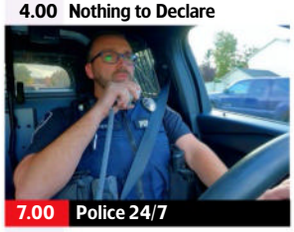
MONDAY Entertainment

Monday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Nothing to Declare**
8.00 **Border Patrol**
9.00 **Send in the Dogs**
10.00 **Air Ambulance ER**
11.00 **Caught on Dashcam**
12.00 NOON **FBI** 5/13. (S6)
1.00 PM **The Rookie** 17/20. An earthquake rocks the city. **2.00** 18/20. Nolan discovers that he is being sued. (S1)
3.00 **Law & Order: Criminal Intent** 10/23. The team look into a double homicide. (S2)
4.00 **Nothing to Declare**


7.00 Police 24/7

7 PM
7.00 Police 24/7 A neighbour tips off officers that a wanted suspect has just arrived home.

8 PM
8.00 Law & Order: Criminal Intent *Three-in-One:* 16/16. A murderer with multiple personalities is on the loose. (S9)

9 PM
9.00 Law & Order: Criminal Intent *Rispetto:* 1/8. Detectives suspect a murdered woman is a high-class prostitute. (S10)

10 PM
10.00 The Equalizer *Lifeline:* 8/10. McCall receives a call for help from the daughter of her deceased CIA mentor. (S1)
11.00 **FBI** Double bill. (S6)
1.00 AM **Law & Order: Criminal Intent** 12/16. (S9)
2.00 **The Rookie** New episode (S8)
3.00 **Road Wars**
4.00 **The Force: Manchester**
5.00 **to 6.00** AM **Stop, Search, Seize**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Fish Town** Double bill.
7.55 **The Sopranos** (S6)
10.00 **House of the Dragon** (S2)
3.00 PM **The Gilded Age** 1/9. Period drama starring Louisa Jacobson Christine Baranski. **4.35** 2/9. Oscar van Rhijn homes in on Gladys Russell. **5.40** 3/9. Marian continues to see Mr Raikes despite Agnes' warnings. (S1)
6.45 **Game of Thrones** 1/10. Daenerys Targaryen arrives in Slaver's Bay looking to form an army. (S3)

9.00 DTF St Louis

7.55 **Game of Thrones** *Dark Wings, Dark Words:* 2/10. Jaime finds a way to pass the time, and Arya encounters outlaw group the Brotherhood Without Banners. (S3)

9.00 NEW SERIES DTF St Louis 1/7. Black comedy starring David Harbour and Jason Bateman. *See feature, page 11.* (S1)

10.00 All Her Fault 1/8. Marissa Irvine goes to collect her son from a playdate, but the woman who answers the door claims to have never heard of him. (S1)
11.00 **The Wire** 1/13. Crime drama starring Dominic West. (S1)
12.10 AM **True Blood** 1/12. (S1)
1.20 **Game of Thrones** (S2&3)
4.35 **In Treatment**
5.05 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Buying the View**
7.50 **Billie and Greg: Family Diaries**
9.20 **The Only Way Is Essex**
10.20 **Real Housewives of Miami**
11.15 **Real Housewives of Beverly Hills** Reality series.
12.10 PM **Dinner Date** Double bill.
2.10 **The Only Way Is Essex**
3.10 **Real Housewives of Cheshire**
4.10 **Real Housewives of Miami**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**

8.00 Ant & Dec's Limitless Win

7.00 Wheel of Fortune Graham Norton hosts the game show as contestants compete to solve word puzzles and win prizes.

8.00 Ant & Dec's Limitless Win A pair of sisters are the first to take on the Limitless Ladder, followed by childhood sweethearts.

9.00 The Heat New edition Kitchen chaos leads to a fiery service before a brutal debrief spells the end for one chef.

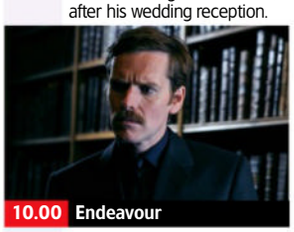
10.00 The 1% Club Quiz show hosted by Lee Mack in which the questions are based around logic and common sense.
11.00 **Family Guy** 11 &4/20. (S18)
12.00 M'T **American Dad!** New episode 19/22. Rogu gets a mysterious illness. (S20)
12.30 AM **American Dad!** (S16)
1.00 **The Heat** As 9.00pm.
2.05 **Bob's Burgers** 9/22. (S13)
2.30 **to 3.00** AM **Plebs**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.30 **On the Buses**
7.05 **Classic Emmerdale**
8.10 **Classic Coronation Street**
9.10 **A Touch of Frost**
11.15 **Heartbeat** Double bill.
1.20 PM **Midsomer Murders** *Judgement Day:* A petty thief is murdered during a perfect village competition.
3.30 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *You Never Can Tell:* A music manager is found dead after his wedding reception.


10.00 Endeavour

6.55 Heartbeat *Mixed Messages:* Carol asks Joe for assistance when suspicions mount after the death of a pensioner.

8.00 Midsomer Murders *The Blacktrees Prophecy:* A survivalist is found dead in his bombproof shelter and Barnaby unravels a dark conspiracy to reveal how far people will go to escape the end of the world.

10.00 Endeavour *Deguello:* The detective investigates the murder of a librarian, and discovers a web of rivalries with a connection to the Holocaust.
11.50 **A Touch of Frost** *No Refuge:* An armed robbery ends in murder and Frost wastes no time in arresting a known crook he saw during the getaway.
1.55 AM **On the Buses**
2.20 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **The Big Match Revisited**
8.10 **Magnum, PI**
9.10 **Kojak**
10.15 **Boon**
11.25 **The Sweeney**
12.35 PM **Dempsey and Makepeace**
1.35 **Magnum, PI**
2.35 **Kojak**
3.45 **Boon**
4.45 **The Sweeney** *Tomorrow Man:* The Flying Squad are pitted against a computer expert.
5.55 **Minder** *Senior Citizen Caine:* Terry protects a widow from her grasping family.

9.30 River Monsters

7.00 LIVE NHL Ice Hockey Nashville Predators v Detroit Red Wings: Coverage of the inter-conference match at Bridgestone Arena. The only previous match between the teams this season was in November, when the Predators won 6-3 at Little Caesars Arena with six different scorers. Face-off is at 7.00.

9.30 River Monsters A quest to track down the Nile perch in Africa's Rift Valley.

10.00 World of Sport
10.05 Nine Dart Finishes
10.15 Nijinsky's Triple Crown
10.30 FILM The World's End Sci-fi comedy. (2013, 15, 109min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.35 AM **Lost** 10/25. (S1)
1.25 **Minder**
2.25 **Unwind with ITV**
3.30 **to 4.00** AM **Motorsport Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
2.00 PM **Sign Zone: This Farming Life**
3.00 **Sign Zone: Designing the Hebrides** Double bill.
4.00 **This Is BBC Scotland**
7.00 **Reporting Scotland**
7.30 **Our Lives: Pink Dreams** The life of a tribute act to US pop star Pink.
8.00 **Life on the Bay** The Fife coast holiday park plays host to a wedding. **8.30** Steven deals with a pungent problem at the swimming pool.
9.00 **Designing the Hebrides** Tackling the bar of the Isle of Mull Rugby Club. **9.30** Designing a rustic gin-tasting bar.
10.00 **River City** New episode Tyler's pitch to Harry does not go as planned.
10.30 **Two Doors Down** (S2)
11.00 **Scotcast** Topical debate.
11.30 PM **to 12.00** M'T **Limmy's Show**

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S4)
9.00 **Ballers** 9&10/10. (S2)
10.10 **Sex and the City** (S4)
11.20 **Entourage** (S5)
12.30 PM **Will & Grace** (S6)
1.30 **Sex and the City** (S4)
2.45 **Ballers** 1&2/10. (S3)
4.00 **And Just Like That...**
4.40 **The Office (US)** (S4)
5.40 **Will & Grace** (S6)
6.40 **Community** (S1)
7.40 **Sex and the City** 5/18. Steve announces he is opening his own bar. **8.20** 6/18. Samantha soon gets tired of her new man's constant baby talk. (S4)
9.00 **John Bishop 25 Tour: Live from Dublin** A stand-up performance recorded at the 3Arena in the Irish capital.
10.45 **And Just Like That...**
11.20 **Community** (S1)
12.20 AM **Entourage** (S5)
1.40 **Ballers** 8&9/10. (S2)
2.50 **Curb Your Enthusiasm**
4.25 **to 5.00** AM **Veep**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **LSO: Rattle Conducts Sibelius & Bruckner**
7.50 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Celebrity Portrait Artist of the Year**
3.00 **Landscape Artist of the Year** The Ouse Valley.
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **André Rieu: Dancing Through the Skies** From the Semper Opera House in Dresden.
10.00 **Classic FM Live: A Film Music Spectacular**
12.00 M'T **National Theatre Live: Dr Strangelove**
1.55 AM **Suggs: My Life Story**
4.00 **Landmark**
5.00 **to 6.00** AM **Auction**

Sky Mix

151 158 156 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 11/20. (S1)
5.00 **Stargate SG-1** (S3)
6.00 **Star Trek: Voyager** (S6)
7.00 **Star Trek: The Next Generation** 19/26. (S7)
8.00 **Primeval** 5/7. Cutter and Stephen become stranded in another dimension. (S2)
9.00 **FBI** 21&22/22. (S5)
11.00 **Grimm** 1/13. (S6)
12.00 M'T **Warrior** 5/10. (S1)
1.00 AM **Cop Squad**
2.00 **Brit Cops: War on Crime** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Game show.
3.00 **Who Wants to Be a Millionaire?** Quiz hosted by Jeremy Clarkson.
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as Richard tries to open the 22 red boxes in the right order, taking on the infamous Banker for the chance to win a life-changing cash prize.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Who Wants to Be a Millionaire?** Jeremy Clarkson gives six new contestants the chance to win a fortune.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show.
1.50 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Come Dine with Me**
11.30 **Four in a Bed**
12.00 NOON **A New Life in the Sun** From Portugal.
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **A Place in the Sun**
6.00 **Location, Location, Location** In Tees Valley.
7.00 **George Clarke's Building Home**
8.00 **Kirstie and Phil's Love It or List It** A couple from Lothianburn cannot agree what to do with their home.
9.00 **24 Hours in A&E**
10.00 **The Dunblane Tapes**
11.35 **Gogglebox**
12.40 AM **8 Out of 10 Cats Does Countdown**
1.40 **First Dates**
2.40 **Ramsay's Kitchen Nightmares USA**
3.35 **Bargain Holiday Secrets**
4.30 **to 4.50** AM **Sunday Brunch**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 10/26. (S6)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 11/26. (S6)
2.00 **Primeval** 4&5/10.(S3)
4.00 **Stargate SG-1** 3/22. (S3)
5.00 **Star Trek: Voyager** 13/26. (S2)
6.00 **Star Trek: The Next Generation** 10/26. Part one of two. Picard embarks on an espionage mission. With David Warner and Ronny Cox. (S6)

9.00 Westworld

7.00 **Star Trek: Deep Space Nine** *Waltz:* 11/26. A seriously injured Sisko finds himself at the mercy of Gul Dukat. (S6)

8.00 **Stargate SG-1** *Fair Game:* 3/22. The Asgard chooses Colonel O'Neill to negotiate with the Goa'uld. (S3)

9.00 **Westworld** *Parce Domine:* 1/8. The critical event that marked the end of the last season threatens to consume the outside world. (S3)

10.25 **The Leftovers** *The Book of Kevin:* 1/8. As the seventh anniversary of the Sudden Departure approaches, Kevin does his best to forget that he died. (S3)

11.35 **Wynonna Earp** 4/12. Wynonna faces an ancient enemy, while Waverly and Nicole search for help. (S4)
12.25 AM **True Blood** 1&2/12. (S5)
2.25 **Primeval** 4&5/10. (S3)
4.15 **Wynonna Earp** As 11.35pm.
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries**
9.00 **Father Brown** As 7.00pm.
10.00 **The Mentalist** 11/13. (S7)
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **The Coroner** (S1)
1.00 PM **Death in Paradise**. (S6)
2.00 **Murdoch Mysteries** (S13)
4.00 **The Mentalist** 11/13. (S7)
5.00 **Hudson & Rex** 11/16. Rex goes missing while investigating the theft of a champion horse. (S6)
6.00 **The Coroner** 6/10. A man is found dead in a container that washed up on the beach. (S1)

8.00 Death in Paradise

7.00 **Father Brown** *The Eagle and the Daw:* An old foe tells the priest she has arranged the death of her former lover.

8.00 **Death in Paradise** *Erupting in Murder:* 1/8. Humphrey investigates the death of a scientist studying a volcano. (S6)

9.00 **Death in Paradise** *Wish You Weren't Here:* 3/8. The body of a TV presenter is washed up on the shore. (S8)

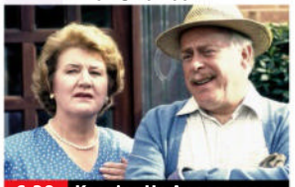
10.00 **Father Brown** *The Last Tango in Kembleford:* The competitive atmosphere at a local dance school leads to a dance with death.
11.00 **Father Brown** As 7.00pm.
12.00 M'T **Death in Paradise** (S6)
1.00 AM **The Coroner** As 6.00pm.
2.00 **Murdoch Mysteries** 8/18. Murdoch investigates the death of an actor shot on stage during a performance. (S13)
3.00 **to 4.00** AM **We Hunt Together**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.30 AM **Highlights**
9.20 **Are You Being Served?**
10.00 **Last of the Summer Wine**
11.15 **Hi-de-Hi!**
11.55 **Porridge**
12.35 PM **Keeping Up Appearances**
1.15 **The Green Green Grass**
1.55 **Dad's Army**
2.30 **Hi-de-Hi!**
3.10 **Are You Being Served?**
3.50 **Porridge**
4.30 **Dad's Army**
5.05 **Last of the Summer Wine**
6.20 **Keeping Up Appearances**



6.20 Keeping Up Appearances

7.00 **Porridge** Fletcher's bid to find peace and quiet seems destined to fail.
7.40 **Dad's Army** Mainwaring camps the platoon in the middle of a firing range.
8.20 **Are You Being Served?** The employees go on strike when it's suggested that they take a pay cut.

9.00 **The Royle Family** Denise and Dave bring baby David to visit.
9.35 Denise and Dave reveal that they are expecting their first baby.
10.20 **Men Behaving Badly** Gary returns home from a weekend away to find Dorothy in bed with Tony.

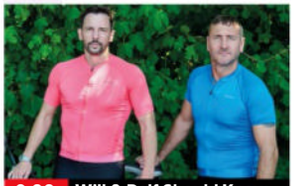
11.00 **Live at the Apollo** Stand-up from Jon Richardson, Sara Pascoe and Nathan Caton.
12.00 M'T **The Royle Family**
1.20 AM **Men Behaving Badly**
2.00 **Live at the Apollo**
3.00 **Don't Wait Up**
3.30 **to 4.00** AM **The Royle Family**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Cannonball**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Guy Martin: Proper Jobs**
11.00 **Rick Stein's Spain**
12.00 NOON **Border Force: America's Gatekeepers**
2.00 PM **World's Most Dangerous Roads** From Iceland.
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** The monarchy's influence.
6.00 **Rick Stein's Spain** Rick travels to the land of El Cid and into the La Mancha region.



9.00 Will & Ralf Should Know...

7.00 **Would I Lie to You?** With Gabby Logan, Chris McCausland, Angela Scanlon and John Simm.
7.40 **Richard Osman's House of Games** With Scott Mills and Rufus Hound.
8.20 With Neil Delamere, AJ Odudu, Lucy Porter and Mark Billingham.

9.00 **Will & Ralf Should Know Better** New edition The duo try to push each other out of their comfort zones.

10.00 **QI XL** Jeremy Clarkson, Bill Bailey, Danny Baker and Alan Davies tackle Stephen Fry's questions on the subject of green.
11.00 **Taskmaster** Paul Sinha has some struggles with a basketball, and Joe Thomas has a disastrous birthday.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **to 4.00** AM **Meet the Richardsons**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.00 AM **Birds of a Feather**
7.45 **The Bill**
8.40 **Doctors**
9.55 **Classic Holby City**
10.55 **Classic Casualty**
11.55 **The Bill**
12.55 PM **Classic EastEnders**
2.10 **All Creatures Great and Small**
3.10 **Howards' Way**
4.20 **Shakespeare & Hathaway: Private Investigators**
5.20 **Porridge** Fletcher objects to having a third cellmate.
6.00 **Last of the Summer Wine**

11.20 Shakespeare & Hathaway

7.20 **Last of the Summer Wine** Smiler is pursued by a wanton gold-digger, but Truly comes up with a few ideas to get rid of her.

8.00 **Judge John Deed** *Hard-Gating:* A seemingly racially motivated murder is blamed on prison overcrowding, Deed argues for a harsh sentence in a drink-driving case, and Jo tries to distance herself from her former lover.

10.00 **New Tricks** *Talking to the Dead:* Sandra agrees to reinvestigate the case of a teenager who was abducted and left to die.
11.20 **Shakespeare & Hathaway: Private Investigators** 5/10. Frank and Lu must track down a vital witness in a Crown Court trial. (S2)
12.20 AM **Dalziel & Pascoe**
2.25 **Birds of a Feather**
2.55 **to 4.00** AM **Copper**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 3-5/25. (S6)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Knockout:* 18/25. Vance investigates the shooting of a boxer.
7.00 *Hide and Seek:* 19/25. A child discovers a murder weapon.
8.00 *Dead Reckoning:* 20/25. Gibbs is forced to work with Trent Kort. (S6)
9.00 New episode *Hardboiled:* 7/20. Torres receives top-secret naval intel from a confidential informant. (S22)
10.00 **Law & Order: Special Victims Unit** *Solving for the Unknowns:* 19/20. The team hunt for a predator who uses a date-rape drug that leaves no evidence. (S21)
11.00 **Law & Order: Special Victims Unit** (S21)
1.50 AM **Blue Bloods**
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Shoplifters: Caught Red Handed**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Rogue Claimers**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **Ambulance: Code Red** A truck driver is trapped in his cabin.
10.00 **A&E After Dark** Staff at Hull Royal Infirmary battle to save a patient in cardiac arrest.
11.00 **Skin A&E** Documentary.
12.00 M'T **Plastic Surgery Knifemares**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.45 **Skin A&E**
3.35 **to 4.00** AM **Eggheads**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Traffic Cops**
10.00 **Police Interceptors**
12.00 NOON **FILM Ride the High Country** Sam Peckinpah's western with Randolph Scott. (1961, PG, 93min) ★★★★
2.00 PM **FILM Valdez is Coming** Western starring Burt Lancaster. (1970, 15, 86min) ★★★
4.00 **Trucking Heavy**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
7.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
8.00 **Police Interceptors**
9.00 **Highway Thru Hell** A trailer packed with wood overturns.
10.00 **Motorway: Hell on the Highway**
11.00 **Banged Up Abroad**
12.00 M'T **Extreme Tow Truckers** Documentary.
1.00 AM **Outback Truckers**
2.00 **Trucking Hell**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
7.00 **The Supervet** Noel Fitzpatrick faces one of his greatest practical and ethical challenges yet.
8.00 A small cavachon is rushed in for treatment after being hit by a car.
9.00 Noel offers cutting-edge treatment for a springer spaniel.
10.00 **One Born Every Minute** A couple await the arrival of their third child.
11.00 A baby's heart rate drops during labour.
12.00 M'T **Louis Theroux: Gambling in Las Vegas**
1.00 AM **Louis Theroux: A Place for Paedophiles**
2.00 **to 3.00** AM **Michael McIntyre's The Wheel**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great American Railroad Journeys**
8.00 **Bangers & Cash**
10.00 **War Factories**
11.00 **Hitler's Supercars**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **War Factories**
5.00 **Hitler's Supercars**
6.00 **Antiques Roadshow** Fiona Bruce hosts from Leicester's Museum of Science and Technology.
7.00 **Turkey with Simon Reeve** 2/2. Simon travels to Ankara.
8.00 **Wilderness with Simon Reeve** Simon travels across the Kalahari in southern Africa.
9.00 **Indian Ocean with Simon Reeve** The adventurer travels from Oman to the Maldives.
10.00 **Bangers & Cash**
2.00 **to 3.00** AM **War Factories**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Tuscany.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **Celebrity Yorkshire Auction House**
4.00 **Long Lost Family: What Happened Next**
6.00 **Money for Nothing**
7.00 **Salvage Hunters**
8.00 **Antiques Road Trip**
9.00 **Secret Life of the Auction House** Jewellery expert Helen has her hands full with a huge gold chain.
10.00 **The Yorkshire Auction House** Three generations of family clutter in Fife.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

MONDAY Entertainment

Great! TV

157 167 170 34 32

8.00 AM **Highway to Heaven**
10.00 **Little House on the Prairie** 4-6/22. (S9)
1.00 PM **The Waltons** (S4)
3.00 **Ballykissangel** (S3)
4.10 **Born and Bred** 6/6. (S1)
5.20 **Doctor Finlay** 2/7. (S3)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** Six episodes of the sitcom, including at: **9.00** 9/24. A bigoted sergeant learns a lesson about prejudice. **9.30** 10/24. A lone sniper pins down Henry and Radar in the shower. **10.00** 11/24. Hawkeye avoids a bug that afflicts all the medical staff. **10.30** 12/24. Hawkeye and Trapper search for an incubator. (S2)
11.00 **The New Avengers** (S1)
12.00 M'T **The Avengers** (S6)
1.00 AM **M*A*S*H** (S2)
2.25 **Home to Roost** (S3)
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.00 AM **The High Chaparral**
10.00 **The Avengers** (S5)
11.00 **The Baron** 15/30. (S1)
12.00 NOON **FILM The Virginian** Western. (2014, 12, 90min) ★★
2.00 PM **FILM Death Rides a Horse** Spaghetti Western. (1969, 15, 111min) ★
4.30 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The New Avengers** (S2)
7.00 **The Avengers** (S5)
8.00 **The Baron** 16/30. (S1)
9.00 **FILM Lock Up** Drama with Sylvester Stallone. (1989, 18, 106min) ★★
11.20 **FILM Kickboxer: Vengeance** Thriller remake with Alain Moussi. (2016, 15, 90min) ★★
1.20 AM **The Baron** (S1)
2.20 **The New Avengers**
3.10 **FILM Hellgate** Western with Joan Leslie. (1952, b/w, PG, 87min) ★★
4.35 **to 6.00** AM **Police Ten 7**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.10 AM **Chronicle Mysteries: Helped to Death** Crime drama.
10.05 **Castle** 5&6/23. (S7)
12.05 PM **FILM White Hot: A Sandra Brown Mystery** Crime drama. (2016, PG, 89min) ★★
2.00 **Diagnosis Murder**
4.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 7/23. (S7)
8.00 **Unforgettable** (S1)
9.00 **FILM An Aurora Teagarden Mystery: A Bone to Pick** Drama. (2015, PG, 84min) ★★
10.55 **FILM Garage Sale Mysteries: Murder in D Minor** Crime thriller. (2018, PG, 90min) ★★
12.50 AM **FILM Dangerous Bestie** (2018, PG) ★★
2.30 **FILM The Wrong Daughter** Thriller. (2018, 12, 89min) ★★
4.00 **to 5.00** AM **Sue Thomas: F.B.Eye**

+1 hour 322

Great! Romance

319 317 424 52 47

8.15 AM **FILM Love, Alaska** Romantic comedy. (2019, PG, 95min) ★★
10.30 **FILM A Tail of Love** Romantic drama. (2022, U, 87min) ★★
12.25 PM **FILM Dog Lovers Guide to Dating** Comedy. (2023, U, 82min) ★★
2.15 **FILM The Baker's Son** Fantasy. (2021, PG) ★★
4.10 **FILM Baked with a Kiss** Romantic comedy. (2022, PG, 85min) ★★
6.05 **FILM How to Win a Prince** Romantic comedy. (2023, U, 89min) ★★
8.00 **FILM Never Too Late to Celebrate** Drama. (2023, PG, 85min) ★★
9.50 **FILM Love in Bloom** Romantic comedy. (2022, U, 87min) ★★
11.45 **FILM My Christmas Fiancé** (2022, PG) ★★
1.55 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Love, Alaska** (2019, PG) ★★

+1 hour 320

Together TV

170 136 83 162

11.00 AM **Garden Rescue**
12.00 NOON **Edwardian Farm**
1.15 PM **New Home DIY**
1.45 **Real Thick Glasses**
2.00 **Love Your Garden**
3.00 **Alan Cumming's Edge of Scotland**
4.00 **New Home DIY**
5.00 **Supermarket Secrets Revealed**
6.00 **The Greatest Auction**
7.00 **LumoTV: Crafty Champions**
7.30 **New Home DIY**
8.00 **Love Your Garden**
9.00 **Hello Campers**
10.00 **LumoTV: Crafty Champions**
10.30 **Queer Lives Today**
11.00 **FILM Girls Come First** Comedy. (1975, 18) ★★
12.00 M'T **FILM Bloodsuckers** Horror. (1970, 18) ★★
1.45 AM **Battle of Britain: Empty Skies**
3.00 **Alan Cumming's Edge of Scotland**
4.00 **to 5.00** AM **Flipping Profit**

Rewind TV

182 81 141

6.00 AM **Highlights**
8.30 **The Gaffer** (S1)
9.00 **Bubblegum & Cheese**
10.00 **The Rewind Jukebox**
11.00 **Shine on Harvey Moon**
12.05 PM **The Fenn Street...**
12.35 **Agony** 1/6. (S1)
1.05 **Press Gang** (S1)
1.35 **The Champions**
2.35 **Wish Me Luck** (S2)
3.35 **Rewind & Remember**
3.45 **Hank the Cowboy**
4.00 **Discovering Gardens**
4.30 **Old Country**
5.00 **Stereo Underground**
6.00 **The Fenn Street Gang**
6.30 **Press Gang** 1/12. (S1)
7.00 **Agony** 1/6. (S1)
7.30 **The Gaffer** 1/12. (S1)
8.00 **The Champions**
9.00 **Drop the Dead Donkey**
10.00 **FILM Death Screams** Horror. (1982, 18) ★★
11.50 **FILM Sex and the Other Woman** (1972, 18) ★★
1.35 AM **Stereo Underground**
2.35 **Wish Me Luck** (S2)
3.35 **to 6.00** AM **Highlights**

DMAX

158 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters: Mine SOS** Documentary.
9.00 **The Snake Catcher**
10.00 **Deadliest Catch**
12.00 NOON **Treasure Quest: Snake Island**
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Double bill.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Jake needs to act fast in order to save his crew.
9.00 **Body Bizarre** A boy's face grows too fast, slowly choking him to death. **10.00** A girl whose limbs were amputated when she was born is fitted for prosthetics.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid XL** Double bill.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 258 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Chef Grudge Match**
7.00 **The Hairy Bikers' Northern Exposure**
8.00 **The Pioneer Woman**
9.00 **Jamie's Easy Meals for Every Day** Double bill.
10.00 **Barefoot Contessa: Back to Basics**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Mediterranean**
3.00 **The Hairy Bikers' Northern Exposure**
4.00 **The Pioneer Woman**
5.00 **Jamie's Easy Meals for Every Day** Double bill.
6.00 **Barefoot Contessa: Back to Basics**
7.00 **Great British Bake Off**
9.00 **Adam Richman Eats Italy** New editions
10.00 **Tom Kerridge Secrets of the Pub Kitchen**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 16/26. (S5)
9.00 **The A-Team** 21/23. (S4)
10.00 **The Invaders** (S2)
11.00 **FILM Sherlock Holmes** Mystery with Ben Syder. (2010, 12, 89min) ★★
1.00 PM **FILM First Men in the Moon** Adventure. (1964, U, 99min) ★★★
3.00 **FILM The People That Time Forgot** Fantasy adventure sequel. (1977, U, 96min) ★★
5.00 **Star Trek** 26/26. (S2)
6.00 **The Invaders** (S2)
7.00 **The A-Team** 22/23. (S4)
8.00 **Walker, Texas Ranger**
9.00 **FILM The Bank Job** Crime thriller. (2008, 15, 107min) ★★★
11.15 **FILM Heist** Thriller. (2015, 15, 89min) ★★★
1.10 AM **FILM Bad Lieutenant** Crime drama. (1992, 18, 98min) ★★★★
3.10 **to 5.00** AM **FILM The Scars of Dracula** Horror. (1970, 18, 96min) ★★★

Legend Xtra

317 316 171 69 138 51

9.00 AM **FILM Global Meltdown** Thriller. (2017, PG, 105min) ★
11.00 **The Lost World** (S2)
12.00 NOON **FILM Coast of Skeletons** Action adventure sequel. (1964, U, 90min) ★★
2.00 PM **FILM MacShayne: Winner Takes All** Drama. (1994, PG, 87min) ★★
4.00 **Walker, Texas Ranger**
5.00 **FILM Alien Convergence** Thriller. (2017, 15, 90min) ★★
7.00 **The Lost World** (S2)
8.00 **The Fall Guy** (S2)
9.00 **FILM Black Water** Thriller starring Jean-Claude Van Damme. (2018, 15, 104min) ★★
11.05 **FILM Standoff** Thriller. (2015, 15, 92min) ★★★
1.00 AM **FILM Black Water**
3.05 **FILM Alien Convergence** (2017)
5.00 **to 6.00** AM **The Lost World**

+1 hour 318 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Canadian Pickers** New edition
7.35 **Junk & Disorderly**
8.30 **Storage Wars**
9.20 **Hardcore Pawn**
10.15 **Pawn Stars**
11.10 **Swamp People**
1.05 PM **Canadian Pickers**
2.05 **Storage Wars**
3.05 **Junk & Disorderly**
4.00 **Ancient Aliens**
5.00 **Evidence of the Unexplained**
6.00 **Pawn Stars**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **The Curse of Oak Island**
10.00 **Secrets in the Ice**
12.00 M'T **History's Greatest Myths** Conflicts.
1.00 AM **Evidence of the Unexplained**
2.00 **Ancient Aliens**
3.00 **Swamp People**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
10.00 **Cats and Dogs at War**
11.00 **Ben Fogle: New Lives in the Wild** Tennessee.
12.00 NOON **Nazi Megastructures**
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **World's Most Scenic Railway Journeys**
6.00 **Abandoned Engineering**
7.00 **Nazi Megastructures**
8.00 **Ben Fogle: New Lives in the Wild** South Pacific.
9.00 **Susan Calman's Grand Day Out** The presenter explores the Cotswolds, beginning in Bourton-on-the-Water.
10.00 **Britain's Most Scenic Counties: Cheshire**
11.00 **Jane McDonald: Lost in Japan**
12.00 M'T **Wentworth Prison**
1.00 AM **22 Kids & Counting**
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

Challenge

130/131 116/117 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Quiz show.
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **All Star Family Fortunes**
12.40 PM **Lily Savage's Blankety Blank**
2.00 **The Chase** Quiz show.
3.00 **Who Wants to Be a Millionaire? Valentine's Special** Trisha Goddard, Peter Gianfrancesco, Lance Gerrard-Wright and Ulrika Jonsson compete for charity.
4.00 **Bridge of Lies**
5.00 **The Bidding Room**
6.00 **Tenable** Quiz show.
7.00 **The Chase** Triple bill.
10.00 **The Chase Celebrity Special** With Su Pollard, Jordan Banjo, AJ Odudu and Jonathan Ross.
11.00 **Bullseye** Double bill.
12.00 M'T **Classic Who Wants to Be a Millionaire?**
1.00 AM **The Chase** Triple bill.
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Mike & Molly**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Mike & Molly**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the sitcom, including at: **8.30** 13/17. Leonard, Raj and Howard decide to kick Sheldon off their physics quiz team. (S1)
9.00 **NEW SERIES The Cult Behind the Killer: The Andrea Yates Story** 1/3. An investigation into the shocking story of Andrea Yates. **10.00** New edition 2/3. Andrea Yates reaches her breaking point. **11.00** Series finale 3/3. Exploring the outcome of Yates's trial.
12.00 M'T **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
10.00 **Everybody Loves Raymond** (S3)
1.00 PM **Friends** (S2&3)
7.00 **Friends** 5/25. Actor Isabella Rossellini makes Ross's day. **7.30** 6/25. The pals reveal their secrets. **8.00** 7/25. Monica buys a bed from Janice's husband. **8.30** 8/25. Phoebe convinces herself she is a walking jinx. (S3)
9.00 **Michael McIntyre's The Wheel** Game show.
10.00 **Michael McIntyre: Live & Laughing** Stand-up.
11.20 **Jimmy Carr's Am I the A**hole?**
12.20 AM **Whose Line Is It Anyway? USA**
1.20 **South Park** (S12&13)
3.20 **Dragony Aunts** (S2)
3.30 **Michael McIntyre's The Wheel** Game show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S3)
7.00 **Teleshopping**
9.00 **Spin City** 13&14/24. (S2)
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** (S4)
1.00 PM **Criminally Funny**
2.30 **Blockbusters**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** 13&14/24. (S2)
7.00 **Everybody Loves Raymond** (S3)
10.00 **Friends** 17/24. Rachel feels smothered by Ross. **10.30** 18/24. Eddie becomes annoying. (S2)
11.00 **Friends** 19-22/24. (S2)
1.00 AM **Ricky Gervais Show**
2.00 **Friends** 15/25. (S6)
2.30 **Teachers** 17/20. (S2)
3.00 **Reno 911!** (S5)
3.45 **Important Things**
4.30 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **Highlights**
10.20 **Bread** 5/7. (S3)
10.55 **Steptoe and Son** (S2)
11.30 **Oh, Doctor Beeching!**
12.05 PM **Rising Damp** (S2)
12.35 **Man About the House**
1.10 **Goodnight Sweetheart**
1.45 **When the Boat Comes In** 1/10. (S4)
2.45 **Minder** 4/11. (S4)
3.50 **Just Good Friends** (S2)
4.25 **Man About the House**
4.55 **Are You Being Served? Again!** 1/6. Sitcom. (S2)
5.30 **Birds of a Feather**
6.00 **That's 60s**
6.05 **Steptoe and Son** (S2)
6.45 **Rising Damp** 6/8. (S2)
7.15 **Whatever Happened to the Likely Lads?** (S2)
7.55 **Minder** 1/11. (S1)
9.00 **Benidorm** 4/7. (S5)
9.55 **Shameless** 2/16. (S5)
11.00 **Man About the House**
11.30 **Rising Damp** 2/7. (S1)
12.00 M'T **Benidorm** 4/7. (S5)
1.00 AM **Minder** 1/11. (S1)
2.00 **to 6.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **Help! I'm in a Secret Relationship!**
8.00 **Catfish: The TV Show**
12.00 NOON **Catfish: Love Triangles** Reality series.
1.00 PM **Catfish: The TV Show** Triple bill.
4.00 **Dallas Cowboys Cheerleaders**
6.00 **Catfish UK**
7.00 **Catfish: The TV Show**
8.00 **Teen Mom UK: Next Generation**
9.00 **Ink Master: Angels** New edition The Angels search for the best tattoo artist in Reno.
10.00 **Tattoo Fixers**
11.00 **Black Ink Crew New York** New edition Dutchess makes a surprise appearance at Walt's baby shower.
12.00 M'T **Dating Naked**
1.00 AM **Jersey Shore**
2.45 **Catfish: The TV Show**
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made: Dream Cars** Double bill.
7.00 **Diesel Brothers**
9.00 **Gold Rush: Mine Rescue with Freddy & Juan**
11.00 **Overhaulin'** Double bill.
1.00 PM **Deadliest Catch**
2.00 **Gold Rush** Documentary.
3.00 **How It's Made** Four editions.
5.00 **Alaska: Homestead Rescue** Marty saves a log cabin from crumbling to the ground. **6.00** The Raneys help a family struggling to survive in their home made of tyre bales.

9.00 Maine Cabin Masters

7.00 **Wheeler Dealers** Mike Brewer and Ant Anstead attemp to drag a rare 1972 Datsun 510 into the 21st century

8.00 **Scrapyard Dynasty** Terry challenges his staff, while Lyndsay and Jemma use unorthodox interviewing techniques.

9.00 **Maine Cabin Masters** A family from Maine work together to revamp a historic cabin from the 1930s in just six weeks.

10.00 **Ancient Unexplained Files** Microbiology reveals why a Medieval child was buried with a stone in its mouth.

11.00 **Expedition Unknown** Josh Gates unravels conspiracy theories about the Great Pyramid of Giza.
12.00 M'T **Deadliest Catch**
1.00 AM **Maine Cabin Masters**
2.00 **Ancient Unexplained Files**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **The Gamechangers: Inventing the World**
10.00 **Tanked** A giant aquarium.
11.00 **Animal Cops San Francisco**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell**
5.00 **Lone Star Law** The game wardens search for the elusive big horn sheep in the mountains of West Texas.
6.00 **Dr Jeff: Rocky Mountain Vet** A homeless man's five-month-old puppy injures its paw.

7.00 Treehouse Masters

7.00 **Treehouse Masters** Pete is in Louisiana to take on his biggest treehouse ever, which will be made up of three separate levels.

8.00 **Great White Shark Babies** Experts search for the location where the great white sharks of Guadalupe give birth.

9.00 **Alaska: The Last Frontier** Eivin and Eve's cannibal hen strikes again, while Atz begins his summer riding season.

10.00 **Alaskan Bush People** The Wolfpack race to complete the first major build of their new ranch, and Noah marries Rhain.

11.00 **Mountain Monsters** Buck searches for the little girl at the heart of the mystery.
12.00 M'T **Crikey! It's the Irwins** A wallaby is severely injured.
1.00 AM **100 Days Wild**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops San Francisco**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Rocky Mountain Railroad**
9.00 **Air Crash Investigation**
10.00 **Gladiators: Warriors of the Ancient World**
11.00 **Nazi Megastructures: Russia's War** Battle of Kursk.
12.00 NOON **Colossal Machines**
1.00 PM **Car S.O.S**
2.00 **Air Crash Investigation**
3.00 **Seconds from Disaster**
4.00 **Drain the Oceans**
5.00 **Ice Road Rescue**
6.00 **Toronto Airport Uncovered** Two winter storms leave flights grounded at Pearson.

10.00 Yukon Rescue

7.00 **Air Crash Investigation** The factors that caused Air Inter Flight 148 to crash in the Vosges mountains in 1992.

8.00 **Air Crash Investigation** New edition An out-of-control turboprop breaks apart while trying to land at Düsseldorf airport.

9.00 **To Catch a Smuggler** New edition Officers chase down smugglers caught tossing bales of cocaine overboard.

10.00 **Yukon Rescue** New edition Avalanche technicians race to repair a remote weather station before an incoming storm.

11.00 **Air Crash Investigation** A plane bursts into flames.
12.00 M'T **Inside Sydney Airport**
1.00 AM **To Catch a Smuggler**
2.00 **Money Meltdown**
2.30 **To Catch a Smuggler**
3.20 **Food Factory USA**
4.10 **to 5.00** AM **Prairie Dog Dynasty**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Rust Valley Restorers**
6.55 **Gold Wars Downunder**
8.45 **Forged with Steele**
9.15 **Pawn Stars** Documentary.
10.10 **Storage Wars** Double bill.
12.00 NOON **Hitler's Engineers**
1.00 PM **Gold Wars Downunder**
3.00 **American Pickers**
4.00 **Life After People**
5.00 **Pawn Stars** New edition Rick gets a shot at an original Eastman Kodak camera.
6.00 **American Pickers** Mike uncovers a huge collection of saloon relics in Illinois.

8.00 American Pickers

7.00 **Forged in Fire** Four bladesmiths try to forge a canister Damascus knife using only steel wool and 1095 powder.

8.00 **American Pickers** New edition Mike and Jersey delve into the depths of Alabama aeroplane hangar.

9.00 **Gold Wars Downunder** New edition At the 1870 mine site, Richie is worried mining manager Dan has lost his mojo.

10.00 **Gold Wars Downunder** Series finale The mining teams race to hit their $500,000 gold targets.

11.00 **History's Most Shocking** Footage of real-life events, including a mid-air plane collision avoided by skydivers, and a father and son facing a raging wildfire while driving.
12.00 M'T **American Pickers**
12.55 AM **Life After People**
1.50 **Pawn Stars** As 5.00pm.
2.50 **Gold Wars Downunder**
4.25 **to 6.00** AM **American Pickers**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **The Story of Late Night**
7.00 **Discovering: Kevin Costner**
8.00 **The Directors**
9.00 **100 Foot Wave**
10.00 **Stax: Soulsville USA**
2.20 PM **FILM Searching for Sugar Man** Documentary about the quest by two South African fans to find out what happened to American singer-songwriter Sixto Rodriguez. (2012, 12, 86min) ★★★★
4.00 **Discovering: Kevin Costner**
5.00 **The Directors**
6.00 **100 Foot Wave**

7.00 History of the Sitcom

7.00 **History of the Sitcom** 6/8. A look at the role of the outsider in situation comedies.

8.00 **I Love You, Now Die: The Commonwealth vs Michelle Carter** 1/2. The story of a woman who was accused of persuading her boyfriend to commit suicide by text. **9.10** 2/2. Michelle Carter's attorneys attempt to prove that she was not responsible for Conrad Roy's death.
10.50 **Crazy, Not Insane** An examination of the work of forensic psychiatrist Dorothy Otnow Lewis.

1.00 AM **The Man Who Stole The Scream** The story of the theft of Edvard Munch's painting, *The Scream*, and a game of cat and mouse between an art-loving thief and a maverick Scotland Yard detective.
3.00 **Queen of Speed** The career of rally driver Michele Mouton.
5.00 **to 6.00** AM **Discovering: Kevin Costner**

7 PM
8 PM
9 PM
10 PM

Monday

Quest

140/141 149 128/137 17 145 18

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried**
4.00 **The Yorkshire Auction House** Double bill.
6.00 **Antiques Road Trip**
8.00 **Shed and Buried**
9.00 **Guz Khan's Custom Cars** New edition The comedian enters the world of world of car modification.
10.00 **Mock the Week** With Rhys James, Emmanuel Sonubi, Sara Pascoe, Ed Byrne and Glenn Moore.
11.00 **MotoGP Highlights**
12.00 M'T **How Do They Do It?** Double bill.
1.00 AM **Wheeler Dealers World Tour** Double bill.
3.00 **Shed and Buried**
4.00 **to 5.00** AM **How It's Made**

+1 hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Forensic Detectives**
9.00 **FBI Files** Double bill.
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Betrayed**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **The Detectives: My Killer Case**
4.00 **American Monster**
6.00 **American Detective with Lt Joe Kenda**
7.00 **Judge Rinder's Crime Stories** Julie Archer.
8.00 **Murder on CCTV** The case of Cindy Mudd.
9.00 **The Real Death in Paradise** A trip to paradise that turned into a nightmare.
10.00 **Britain's Deadliest Kids**
11.00 **Judge Rinder's Crime Stories** Fraudsters targeting the elderly.
12.00 M'T **American Monster**
2.00 **to 4.00** AM **Murder on CCTV**

+1 hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder UK** Evie Adams seeks a loving family – but finds a man with a deadly secret.
8.00 **Millionaire Murders** When Anthony Ashley-Cooper vanished in 2005, his family feared he had been kidnapped.
9.00 **Storm of Suspicion** New edition When Miriam Illes is found dead, Pennsylvania State Police think an expert shooter is responsible.
10.00 **Murder UK** New edition At the age of 15, James Fairweather, obsessed with murder, turned fantasies into reality.
11.00 **Bloodline Detectives**
1.00 AM **Millionaire Murders**
2.00 **Storm of Suspicion**
3.00 **Murder UK**
4.00 **to 6.00** AM **Close Calls: On Camera**

+1 hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Secrets of a Murder Detective**
11.00 **48 Hours** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Body in the Water** Police divers training in Loch Lomond discover human body parts. **3.00** A woman is found in a duffle-bag washed up on the Florida coast.
4.00 **48 Hours** Angela Craig.
5.00 **Medical Detectives** A bizarre case in which a woman was shot dead. **5.30** The disappearance of the American Atheists' founder. **6.00** A complex case involving a truck and an unconscious man. **6.30** A woman's body is discovered in a box.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Send in the Dogs**
7.00 **Brit Cops: Frontline Crime UK** Documentary.
8.00 **Britain's Longest Road**
9.00 **Stop, Search, Seize**
10.00 **Police 24/7**
11.00 **Murders That Shocked the Nation** Harold Jones.
12.00 NOON **Killer in My Village** Double bill.
2.00 PM **Forensics: Catching the Killer** Double bill.
4.00 **Britain's Most Evil Killers**
5.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **The Real CSI: Miami**
10.00 **Murder Uncut**
11.00 **Police 24/7**
12.00 M'T **World's Most Evil Killers** Double bill.
2.00 AM **Murders That Shocked the Nation**
3.00 **Murdered at First Sight**
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **America the Bountiful** Documentary.
8.35 **Remarkable Miss North**
9.55 **WWII in Colour**
11.00 **Alexandria: The Greatest City**
12.00 NOON **Egypt's Darkest Hour** A mass grave.
1.00 PM **America the Bountiful** Documentary.
1.35 **Remarkable Miss North**
2.55 **WWII in Colour: Road to Victory**
4.00 **Alexandria: The Greatest City**
5.00 **Egypt's Darkest Hour**
5.55 **America the Bountiful**
6.30 **Remarkable Miss North**
7.50 **WWII in Colour: Road to Victory**
8.55 **Alexandria: The Greatest City**
10.00 **Egypt's Darkest Hour**
10.55 **WWII in Colour: Road to Victory**
12.00 M'T **Alexandria: The Greatest City**
1.05 **to 2.00** AM **America the Bountiful**

MONDAY

Monday

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Big Beasts: Last of the...**
7.00 **Monkey Life**
8.00 **Africa's Wild Horizons**
9.00 **Orangutan Jungle School**
10.00 **Coral City**
11.00 **Malawi Wildlife Rescue**
12.00 NOON **Brazil Untamed**
1.00 PM **Monkey Life**
2.00 **Africa's Wild Horizons**
3.00 **Orangutan Jungle School**
4.00 **Coral City**
5.00 **Gangs of Baboon Falls**
6.00 **Brazil Untamed**
7.00 **Monkey Life** Double bill.
8.00 **Monkeys: An Amazing Animal Family** The origins of each of the world's primate species.
9.00 **Extraordinary Animals**
10.00 **Brazil Untamed**
11.00 **Gangs of Baboon Falls**
12.00 M'T **Malawi Wildlife Rescue**
1.00 AM **Big Beasts: Last of the Giants** Documentary.
2.00 **Monkeys: An Amazing...**
3.00 **Extraordinary Animals**
4.00 **Africa's Wild Horizons**
5.00 **to 6.00** AM **Orangutan Jungle School**

Sky History 2

163/168 143 186

6.00 AM **World's Most Unexplained**
7.00 **Life After People**
8.00 **What on Earth?**
9.00 **History of Weapons**
10.00 **Combat Ships**
11.00 **Ancient Aliens**
1.00 PM **Alien Files: Unsealed**
2.00 **Walking Through History**
3.00 **Britain's Lost Battlefields with Rob Bell** A peasant rebellion in Norfolk in 1549.
4.00 **World's Most Unexplained**
5.00 **Life After People**
6.00 **What on Earth?**
7.00 **History of Weapons**
8.00 **Combat Ships** Stories of naval ships that sank below the waves.
9.00 **History's Most Shocking** The 1937 *Hindenburg* airship disaster.
10.00 **Death Coast** The team return to Le Chameau for one final push.
11.00 **Ancient Aliens**
1.00 AM **Alien Files: Unsealed**
2.00 **Walking Through History**
3.00 **Britain's Lost Battlefields with Rob Bell** As 3.00pm.
4.00 **Curse of the Ancients**
5.00 **to 6.00** AM **Rust Valley Restorers**

Discovery Science

167 148 179

8.00 AM **How the Universe Works**
11.00 **Extreme Engineering**
1.00 PM **Codes and Conspiracies**
2.00 **Blowing Up History**
3.00 **Truth Behind the Moon Landing** Triple bill of editions.
6.00 **How It's Made: Dream Cars** The crew find out how the Ferrari FF is made. **6.30** The crew explore the inner workings of the Audi R8. **7.00** The Rolls-Royce Phantom. **7.30** The Maserati Quattroporte. **8.00** The crew explore how the Weismann MF5 is made. **8.30** Focusing on the Lamborghini Aventador.
9.00 **How the Universe Works** The search for alien life on other planets in the galaxy. **10.00** The discovery of thousands of exoplanets beyond our solar system.
11.00 **NASA's Unexplained Files**
1.00 AM **Truth Behind the Moon Landing** Triple bill of editions.
4.00 **to 6.00** AM **The Dino Hunters**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Court Cam**
11.00 **Murdertown**
2.00 PM **Accident, Suicide or Murder?** As 8.00pm.
3.00 **Somebody's Hiding Something**
6.00 **The First 48**
7.00 **Cold Case Files**
8.00 **NEW SERIES Accident, Suicide or Murder?** A man is found shot dead in a field.
9.00 **NEW SERIES Ross Kemp: Lost Boys, Deadly Men** The actor examines the factors that have driven young men to kill, beginning with Jake Davison.
10.00 **House Party Killer**
11.00 **Sin City Gigolo: A Murder in Las Vegas** Documentary.
12.20 AM **Ross Kemp: Lost Boys, Deadly Men** As 9.00pm.
1.15 **Britain's Darkest Taboos**
2.10 **Homicide Hunter**
3.00 **Imperfect Murder**
5.00 **to 6.00** AM **Accident, Suicide or Murder?**

+1hour 256 333

WILD

165 145 182

8.00 AM **Yukon Vet**
9.00 **Last of the Giants: Wild Fish**
10.00 **World's Weirdest**
11.00 **Queens**
12.00 NOON **Heartland Docs**
1.00 PM **Ultimate Airport Dubai**
2.00 **Critter Fixers: Country Vets**
3.00 **Incredible Animal Journeys**
4.00 **Secrets of the Zoo**
5.00 **Critter Fixers: Country Vets**
6.00 **Yukon Vet**
7.00 **Secrets of the Zoo** Keepers try to figure out why a Bactrian camel has been gaining weight.
8.00 **Africa's Wild Geniuses** Wildlife that has adapted to Africa's most extreme environments.
9.00 **Built to Survive** A journey down Australia's river system. **9.30** Phil Breslin delves into Australia's woodlands.
10.00 **Alaska: The Next Generation**
11.00 **Ice Road Rescue**
12.00 M'T **Northwoods Survival**
1.00 AM **Africa's Deadliest**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Bizarre Animal Friends**

Discovery History

174 147 181

7.00 AM **Expedition Unknown**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** A look at NASA's plans to have manned missions to Mars by 2035.
1.00 PM **Mysteries at the Castle**
2.00 **Alien Highway**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Expedition Unknown** Explorer Josh Gates presents from the chambers of an excavation site.
9.00 **Secrets Underground** A looming threat beneath the densely populated city of Naples.
10.00 **How Do They Do It?**
11.00 **Massive Engineering Mistakes**
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **Mysteries at the Castle**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **Top Gear**
1.00 PM **Top Gear** Four editions of the series, including at: **4.00** The Aston Martin Vanquish S is pitted against the Ferrari 575, and Jimmy Carr is the Star in a Reasonably Priced Car.
5.00 **The Two Ronnies**
8.25 **The Two Ronnies** Vintage comedy sketches from Messrs Barker and Corbett, including more from Sid and Lil. **9.25** Featuring Manhattan Transfer and sketches including News Items, What's in a Name, George and Edie and Dog Food Commercial. **10.20** Vintage comedy sketches from Messrs Barker and Corbett, including the musical finale *Down Mexico Way*. **11.05** Featuring music by Manhattan Transfer and a performance by the Kamikaze Theatre Company.
11.50 **The Two Ronnies**
4.25 **to 6.00** AM **How to Build a Motor Car**

+1hour 266 376

ID

154 140 166

8.00 AM **Devil in Suburbia**
9.00 **American Monster**
11.00 **Disappeared**
12.00 NOON **Evil Lives Here**
1.00 PM **American Monster**
3.00 **Disappeared**
4.00 **Evil Lives Here**
5.00 **Betrayed** Double bill.
7.00 **Where Murder Lies** A case in which a 19-year-old woman discovered her parents murdered in their home. **8.00** The case of Lori Ruff, whose body was found with a gunshot wound to the head.
9.00 **Faking It: Tears of a Crime** The murder conviction against Russell Bishop, known as the Babes in the Wood Killer.
10.00 **The Murder of Gabby Petito: A Faking It Special**
11.00 **The Murder Tapes**
1.00 AM **People Magazine Investigates** The murder of university students.
2.00 **Betrayed** Double bill.
4.00 **to 6.00** AM **Where Murder Lies**

+1hour 254 366

Discovery Turbo

161/172 146 180

7.00 AM **Wheeler Dealers**
8.00 **Motor Pickers**
9.00 **Outback Truckers**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Richard Hammond's Big** The presenter explores elements that engineering projects have in common.
1.00 PM **Bad Chad Customs**
2.00 **Salvage Hunters: Classic Cars**
3.00 **Outback Truckers**
4.00 **Shed and Buried: Classic Cars**
5.00 **Motor Pickers**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Shed and Buried: Classic Cars** Henry and Fuzz snap up a vintage Oldsmobile hot rod with a legendary V8.
9.00 **Holden Bros. Restos**
10.00 **Outback Truckers**
11.00 **Wheeler Dealers**
12.00 M'T **Shed and Buried: Classic...**
1.00 AM **Richard Hammond's Big**
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **King Ivory** Crime thriller. (2024, 15, 129min)
8.15 **Plainclothes** As 10.20pm.
10.00 **Reckless** Action comedy with Scott Adkins. (2026, 15, 91min)
11.45 **The Gentleman** As 3.40am.
1.20 PM **Jurassic World: Rebirth**
3.40 **How to Train Your Dragon** Fantasy with Mason Thames. (2025, PG, 125min) ★★★★
5.55 **M3GAN 2.0** Sci-fi thriller sequel with Allison Williams. (2025, 15, 120min) ★★★

8.00 Jurassic World: Rebirth

8.00 Jurassic World: Rebirth Fantasy adventure starring Scarlett Johansson, Mahershala Ali and Jonathan Bailey. A crack team infiltrate a forbidden island to collect the DNA of three key dinosaur species. With Rupert Friend. (2025, 12, 133min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

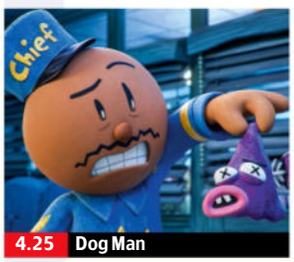
10.20 Plainclothes Romantic thriller starring Tom Blyth and Russell Tovey. An undercover agent assigned to lure and arrest gay men defies orders when he falls for a target. (2025, 15, 95min)

12.05 AM **Bring Her Back** Mystery thriller starring Sally Hawkins. (2025, 18, 104min) ★★★★
1.55 **Bone Lake** Comedy thriller. (2024, 18, 94min) ★★★
3.40 **The Gentleman** Thriller. (2025, 15, 89min) ★★
5.20 **to 7.05** AM **Plainclothes**

Sky Cinema Book Day

303 303 403 503 517

6.00 AM **The Amazing Maurice**
7.40 **Super Charlie** As 1.50am.
9.10 **Dog Man** As 4.25pm.
10.45 **The Smurfs** As 10.25pm.
12.35 PM **How to Train Your Dragon** As shown at 8.10pm.
2.50 **Cloudy with a Chance of Meatballs** Animated comedy. (2009, U, 90min) ★★★★
4.25 **Dog Man** Animated comedy. (2025, U, 89min) ★★★★
6.00 **Stardust** Fantasy comedy. (2007, PG, 127min) ★★★★



4.25 Dog Man

8.10 How to Train Your Dragon Live-action fantasy adventure starring Mason Thames, Nico Parker and Gerard Butler. On the isle of Berk, a young warrior forms an unlikely bond with a feared dragon. (2025, PG, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 The Smurfs Adventure starring Neil Patrick Harris. The Smurfs are sucked into a magic portal that takes them from their hidden world and lands them in Manhattan. (2011, U, 103min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **The Borrowers** Adventure. (1997, U, 86min) ★★★★
1.50 **Super Charlie** Animation. (2025, PG, 82min) ★★★
3.20 **Cloudy with a Chance of Meatballs** As 2.50pm.
5.00 **to 6.45** AM **The Amazing Maurice** Animated adventure. (2022, PG, 93min) ★★★★

Sky Cinema Drama

310 310 410 510 524

7.40 AM **Elizabeth: The Golden Age** Historical drama sequel. (2007, 12, 114min) ★★★
9.45 **Terms of Endearment** Oscar-winning comedy drama. (1983, 15, 132min) ★★★★★
12.05 PM **The Boy in the Striped Pyjamas** Wartime drama. (2008, 12, 94min) ★★★★
1.45 **The Cut** Psychological thriller. (2024, 12, 99min) ★★★
3.25 **Cookster: The Darkest Days** Drama. (2024, 15, 119min) ★★★
5.35 **Joker: Folie à Deux** Thriller. (2024, 15, 138min) ★★★★
8.00 **The Post** Steven Spielberg's fact-based drama starring Meryl Streep and Tom Hanks. In 1971, American newspapers race to expose a government cover-up of Vietnam War secrets. (2017, 12, 113min) ★★★★
10.00 **Jerry Maguire** Romantic comedy drama with Tom Cruise. (1996, 15, 139min) ★★★★
12.20 AM **Anora** Romantic comedy drama starring Mikey Madison. (2024, 18, 139min) ★★★★★
2.40 **The Blind Side** Fact-based drama. (2009, 12, 129min) ★★★
4.50 **Sky Cinema Preview**
5.45 **to 7.30** AM **Jackie** Biopic. (2016, 15, 100min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

7.25 AM **The Pact** As 1.15am.
9.05 **Die Alone** As 5.00am.
10.45 **Mickey 17** As 10.55pm.
1.10 PM **AfrAId** Sci-fi horror. (2024, 15, 84min) ★★
2.45 **Westworld** Sci-fi thriller. (1973, 15, 89min) ★★★★
4.25 **Companion** Sci-fi horror. (2024, 15, 97min) ★★★★
6.10 **Xeno** Fantasy adventure. (2025, 15, 103min) ★★★
8.00 **Interstellar** Sci-fi drama starring Matthew McConaughey. A spacecraft goes in search of a new home for the human race before a devastated Earth becomes uninhabitable. (2014, 12, 166min) ★★★★
10.55 **Mickey 17** Sci-fi comedy starring Robert Pattinson. In 2054, criminal Mickey Barnes agrees to be reprinted every time he perishes, but eventually meets a copy of himself. (2024, 15, 137min) ★★★
1.15 AM **The Pact** Mystery thriller starring Caity Lotz and Haley Hudson. (2012, 15, 85min) ★★★
2.55 **Blade** Action horror with Wesley Snipes. (1998, 18, 121min) ★★★
5.00 **to 6.40** AM **Die Alone** Horror starring Carrie-Anne Moss. (2024, 15, 91min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.35 AM **The Hobbit: An Unexpected Journey** Fantasy. (2012, 12, 165min) ★★★
9.25 **The Hobbit: The Desolation of Smaug** (2013, 12) ★★★★
12.10 PM **The Hobbit: The Battle of the Five Armies** Fantasy. (2014, 12, 144min) ★★★
2.35 **Scooby-Doo** (2002, PG) ★★★
4.05 **Free Willy** Family adventure. (1993, U, 112min) ★★★★
6.00 **Stuart Little** Fantasy. (1999, U, 84min) ★★★★★

6.00 Stuart Little

7.35 Stuart Little 2 Fantasy adventure sequel with the voice of Michael J Fox. (2002, U, 78min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.05 Teenage Mutant Ninja Turtles Fantasy adventure starring Megan Fox and William Fichtner. Four humanoid amphibians use their martial arts skills to protect New York from a criminal organisation. (2014, 12, 101min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **A Minecraft Movie** Fantasy starring Jack Black, Jason Momoa and Emma Myers. (2025, PG, 101min) ★★★
12.55 AM **The Cat in the Hat** Comic fantasy starring Mike Myers. (2003, PG, 82min) ★★★★
2.30 **Stuart Little** As 6.00pm.
4.05 **Stuart Little 2** As 7.35pm.
5.35 **to 7.15** AM **Spy Kids** Action comedy starring Antonio Banderas and Carla Gugino. (2001, U, 88min) ★★★★

Sky Cinema Action

307 307 407 507 521

7.30 AM **The Fall Guy** Action comedy. (2023, 12) ★★★★
9.40 **Indiana Jones and the Last Crusade** Action adventure. (1989, PG, 127min) ★★★★★
11.50 **The Long Kiss Goodnight** Action thriller. (1996, 18) ★★★
1.55 PM **The Italian Job** Thriller. (2003, 12, 110min) ★★★
3.50 **Jurassic World: Rebirth** Fantasy. (2025, 12) ★★★
6.10 **2 Fast 2 Furious** Action thriller. (2003, 12, 108min) ★★★

6.10 2 Fast 2 Furious

8.00 Raiders of the Lost Ark Steven Spielberg's action adventure starring Harrison Ford. Buccaneering archaeologist Indiana Jones tries to stop the Ark of the Covenant from falling into Nazi hands. With Karen Allen. (1981, PG, 115min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Furiosa: A Mad Max Saga Fantasy starring Anya Taylor-Joy and Chris Hemsworth. A warrior seeks vengeance against a biker horde led by the crazed Dementus. (2023, 15, 148min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Fast & Furious 8** Action thriller sequel starring Vin Diesel. (2017, 12, 136min) ★★★
2.50 **High Plains Drifter** Western. (1972, 18, 105min) ★★★★
4.40 **to 6.45** AM **Indiana Jones and the Kingdom of the Crystal Skull** Adventure. (2008, 12, 122min) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.35 AM **Hope Springs** Comedy drama. (2012, 12, 98min) ★★★
8.25 **Mean Girls** (2004, 12) ★★★★
10.10 **Instant Family** Comedy. (2018, 12, 118min) ★★★★
12.10 PM **The 40-Year-Old Virgin** Comedy. (2005, 15) ★★★★
2.10 **Miss Congeniality** Comedy. (2000, 12, 109min) ★★★★
4.10 **Miss Congeniality 2: Armed and Fabulous** (2005, 12) ★★
6.10 **Role Models** Comedy. (2008, 15, 99min) ★★★★

6.10 Role Models

8.00 Ace Ventura Pet Detective Comedy starring Jim Carrey as a Miami private detective who specialises in tracking down lost pets. (1993, 12, 86min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.30 Ace Ventura: When Nature Calls Comedy sequel starring Jim Carrey. Pet detective Ace Ventura searches for a sacred white bat in Africa. With Ian McNeice. (1995, PG, 89min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **American Pie** Bawdy teen comedy starring Jason Biggs. (1999, 15, 96min) ★★★★
12.50 AM **Two Weeks Notice** Romantic comedy with Hugh Grant and Sandra Bullock. (2002, 12, 101min) ★★★
2.35 **White Chicks** Comedy starring Shawn and Marlon Wayans. (2004, 15, 109min) ★
4.35 **to 6.10** AM **The Sweetest Thing** Comedy with Cameron Diaz. (2002, 15, 89min) ★

Sky Cinema Thriller

309 309 409 509 523

6.30 AM **Parallel** Fantasy thriller. (2024, 15, 88min) ★★★★
8.10 **The Bikeriders** Crime drama. (2023, 15, 116min) ★★★★
10.10 **Speak No Evil** Horror. (2024, 15, 110min) ★★★★
12.10 PM **The Girl on the Train** Thriller. (2016, 15) ★★★★
2.10 **Cellular** (2004, 15) ★★★
3.55 **Captain Phillips** Thriller. (2013, 12, 129min) ★★★★★
6.15 **Eye in the Sky** Thriller. (2015, 15, 112min) ★★★★

8.00 Lethal Weapon

8.00 Lethal Weapon Action comedy thriller starring Mel Gibson and Danny Glover. A volatile undercover cop and his unwilling new partner take on a drugs gang. With Gary Busey, Tom Atkins and Darlene Love. (1987, 15, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Ocean's Eight Crime caper starring Sandra Bullock. Following in the footsteps of brother Danny, light-fingered Debbie Ocean plans a complex heist. (2018, 12, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Drop** Thriller with Meghann Fahy and Brandon Sklenar. (2025, 15, 95min) ★★★★
1.45 AM **Borderline** Dark comedy horror. (2025, 15, 94min) ★★★
3.30 **All the Devils Are Here** Thriller. (2025, 15, 87min) ★★★★
5.15 **to 6.00** AM **Sky Cinema Preview**

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Rare Breed** Western. (1966, U, 97min) ★★★
12.55 PM **The Guns of Fort Petticoat** Western adventure. (1958, PG, 82min) ★★
2.35 **Yellow Sky** Western. (1948, b/w, PG, 98min) ★★★
4.40 **The Lavender Hill Mob** Classic Ealing comedy. (1951, b/w, U, 81min) ★★★★★
6.20 **Little Women** Historical drama. (2019, U, 135min) ★★★★★

9.00 The Menu

Little Women (film started at 6.20pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 The Menu Comedy thriller starring Ralph Fiennes, Anya Taylor-Joy Nicholas Hoult and Hong Chau. A couple attend a dinner party overseen by a celebrity chef who has sinister plans for the guests. (2022, 15, 107min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **Rocketman** Biopic starring Taron Egerton. Singer Elton John enters an addiction rehabilitation session, and recounts his extraordinary life in a flashback. With Jamie Bell. (2019, 15, 121min) ★★★★
1.30 **to 3.30** AM **Enduring Love** Thriller with Daniel Craig, Rhys Ifans and Samantha Morton. (2004, 15, 100min) ★★★

+1hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema Horror Hits

302 302 402 502 516

6.20 AM **Get Out** As 2.40pm.
8.20 **Salem's Lot** As 12.05am.
10.25 **Ma** Horror starring Octavia Spencer. (2019, 15, 99min) ★★★
12.20 PM **It** Horror with Bill Skarsgård. (2017, 15, 135min) ★★★★
2.40 **Get Out** Psychological thriller. (2017, 15, 104min) ★★★★★
4.40 **A Quiet Place** Horror starring Emily Blunt and John Krasinski. (2018, 15, 90min) ★★★★

6.15 **A Quiet Place: Day One** Horror prequel starring Lupita Nyong'o. (2024, 15, 100min) ★★★★
8.00 **Nosferatu** Horror starring Bill Skarsgård, Lily-Rose Depp and Nicholas Hoult. A troubled woman forms a telepathic bond with a mysterious count. (2024, 15, 132min) ★★★★
10.15 **From Dusk Till Dawn** Gory horror thriller starring George Clooney and Harvey Keitel, scripted by Quentin Tarantino. (1995, 18, 108min) ★★★★

12.05 AM **Salem's Lot** Horror thriller. (2024, 15, 109min) ★★★
2.00 **From Dusk Till Dawn 2: Texas Blood Money** Horror thriller sequel. (1999, 18, 88min) ★★
3.35 **A Quiet Place** As 4.40pm.
5.10 **to 6.55** AM **A Quiet Place: Day One** As shown at 6.15pm.

Sky Cinema Greats

304 304 404 504 518

6.00 AM **Three Days of the Condor**
8.10 **The Day of the Jackal** (1973)
10.35 **Dirty Harry** Police thriller. (1971, 15, 103min) ★★★★★
12.20 PM **Jaws** Director Steven Spielberg's monster thriller. (1975, 12, 125min) ★★★★★
2.30 **Jaws 2** Adventure thriller sequel. (1978, PG, 115min) ★★★
4.35 **Jaws 3** Adventure thriller sequel. (1983, 12, 99min) ★★

6.20 **Mad Max** Cult thriller starring Mel Gibson and Joanne Samuel. (1979, 15, 93min) ★★★★★
8.00 **Mad Max 2** Futuristic action thriller sequel starring Mel Gibson as a lone road warrior rescuing a beleaguered community from barbarian bikers. With Bruce Spence. (1981, 18, 95min) ★★★★
9.40 **Mad Max Beyond Thunderdome** Futuristic action thriller sequel starring Mel Gibson. (1985, 15, 107min) ★★★

11.30 **Pet Sematary** Supernatural thriller. (1989, 18, 103min) ★★★
1.15 AM **The Day of the Jackal** Thriller. (1973, 15) ★★★★★
3.40 **Sky Cinema Preview**
4.40 **to 6.40** AM **Three Days of the Condor** Conspiracy thriller. (1975, 15, 118min) ★★★★

Sky Cinema Animation

305 305 405 500 514

7.00 AM **Boonie Bears: Guardian Code** Animated adventure. (2023, PG, 96min) ★★★
8.45 **The Boss Baby** Animated comedy. (2017, U, 97min) ★★★
10.25 **DC League of Super-Pets** Animated comedy adventure. (2022, PG, 105min) ★★★
12.15 PM **The Wild Robot** Animation. (2024, U, 102min) ★★★★
2.10 **Despicable Me 4** As 10.20pm.

4.00 **The Angry Birds Movie** Animation. (2016, U) ★★★
5.40 **The Angry Birds Movie 2** Animated comedy sequel. (2019, U, 93min) ★★★
7.25 **Madagascar: Escape 2 Africa** Animated comedy sequel. (2008, PG, 89min) ★★★
9.00 **Corpse Bride** Animated fantasy. (2005, PG, 74min) ★★★★
10.20 **Despicable Me 4** Animated sequel. (2024, U, 94min) ★★★
12.00 M'T **Batman Unlimited: Animal Instincts** (2015, PG) ★★

1.25 AM **The Garfield Movie** Animation. (2023, U) ★★★
3.10 **Scooby-Doo! The Sword and the Scoob** (2021, PG) ★★★
4.35 **Tom and Jerry Cowboy Up!** Animation. (2021, U) ★★★
5.55 **to 7.30** AM **The Sloth Lane** Animation. (2024, PG) ★★★

Movies 24

312 313 419

7.00 AM **A Pinch of Portugal** Drama. (2023, PG, 84min) ★★
9.00 **Romantic Rewrite** Romantic comedy. (2022, PG, 82min) ★★
11.00 **An Easter Bloom** Drama. (2024, PG, 84min) ★★
1.00 PM **The Magic of Lemon Drops** Romantic fantasy. (2024, PG, 84min) ★★
3.00 **His and Hers** Romantic drama. (2024, PG, 90min) ★★

5.00 **The Blessing Bracelet** Romantic drama. (2023, PG, 90min) ★★
7.00 **Hearts in the Game** Comedy starring Erin Cahill and Marco Grazzini. (2023, PG, 84min) ★★
9.00 **The Honeymoon Pact** Romantic comedy starring Debs Howard. A woman accompanying her jilted best friend on what would have been a honeymoon has to keep her own romance a secret. (2023, PG, 90min) ★★
11.00 **A Bet with the Matchmaker** Drama. (2023, PG, 89min) ★★

1.00 AM **My Argentine Heart** Romantic comedy drama. (2025, PG, 84min) ★★
3.00 **to 5.00** AM **CrimeTime: Freefall** Mystery drama. (2024, PG, 90min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Johnny Ringo** 34/38. (S1)
6.30 **Hangman's Wharf** Crime drama. (1950, b/w, U, 74min) ★★★
7.40 **The Last Journey** Thriller. (1935, b/w, U, 66min) ★★★
9.00 **Minesweeper** World War Two drama starring Richard Arlen. (1943, b/w, U, 66min) ★★★
10.20 **What's On TPTV with Noel**
10.35 **Sons of the Sea** Adventure. (1939, U, 82min) ★★

12.10 PM **Sherlock Holmes and the Secret Weapon** Mystery thriller. (1942, b/w, PG, 68min) ★★
1.30 **Innocent Meeting** Crime drama. (1959, b/w, PG, 62min) ★★★
2.45 **Robbery Under Arms** Outback Western. (1957, PG, 99min) ★★
4.45 **Albert RN** Wartime drama. (1953, b/w, PG, 89min) ★★★
6.30 **The Vise** 8/26. (S2)
7.00 **The Footage Detectives**
8.00 **Mother Love** 1/4. Drama. (S1)
9.10 **The Body Beneath** Horror. (1970, 15, 82min) ★★★

10.45 **Serena** Murder mystery. (1962, b/w, U, 63min) ★★
12.00 M'T **A Good Read: Sherlock Holmes** *The Blue Carbuncle.*
1.00 AM **Budgie** 7/13. (S1)
2.00 **Arizona Dream** (1993, 15) ★★
4.50 **Born of the Sea** (1949, U) ★★★
5.50 **to 6.00** AM **Look at Life**

MONDAY Sport 2 March

Monday

Sky Sports Main Event

401 401 501 419 439

6.00 AM **Sky Sports Catch Up**
7.00 **Sky Sports Breakfast**
9.00 **Ref Watch** Analysing decisions.
10.00 **Sky Sports FC**
12.00 NOON **Lunchtime Live**
2.00 PM **Sports Desk**
5.00 **The Premier League Show**
7.00 **Sports Centre**
7.30 **LIVE EFL Birmingham City v Middlesbrough.** Coverage of the Championship match staged at St Andrew's. Middlesbrough claimed a 2-1 win in November's reverse fixture at the Riverside Stadium and will be looking for another three points to further enhance their chances of winning the title, but play-off contenders Birmingham will be out for revenge on home territory. Kick-off **8.00pm**.
10.30 **Back Pages Tonight**
11.00 **Sky Sports News**
12.00 M'T **LIVE TGL Los Angeles Golf Club v New York Golf Club.** The team match from SoFi Center in Palm Beach, Florida, which features a mix of traditional golf play with some elements of simulated indoor golf.
2.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Highlights**
9.00 **Ref Watch** Analysing decisions.
10.00 **Sky Sports FC**
12.00 NOON **Premier League Highlights** Wolverhampton Wanderers v Aston Villa.
12.30 PM Highlights from Leeds United v Manchester City.
1.00 Action from Brighton & Hove Albion v Nottingham Forest.
1.30 Fulham v Tottenham Hotspur.
2.00 Man United v Crystal Palace.
2.30 **Premier League Highlights** Action from Arsenal v Chelsea.
3.00 Highlights from Brighton & Hove Albion v Nottingham Forest.
3.30 Fulham v Tottenham Hotspur.
4.00 Man United v Crystal Palace.
4.30 Arsenal v Chelsea.
5.00 **The Premier League Show**
7.00 **Premier League Review**
8.00 **Ref Watch** Analysing decisions.
8.30 **Transfer 360** Robbie Fowler.
9.00 **Premier League Review**
10.00 **Premier League Stories**
10.30 **The Big Interview**
11.00 **Premier League Years**
1.00 AM **PL Retro** Liverpool v Blackburn Rovers from 1995.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **PL Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **EFL League One Goals**
6.30 **EFL League Two Goals**
7.00 **EFL Highlights** Championship.
9.00 **SPFL Highlights**
9.45 **EFL Highlights**
10.30 **EFL League One & Two Goals**
11.30 **EFL Highlights**
12.00 NOON **SPFL** Rangers v Celtic.
2.00 PM **EFL League One Goals**
2.30 **EFL League Two Goals**
3.00 **SPFL Highlights**
3.30 **EFL Highlights** Championship.
5.45 **SPFL Highlights**
6.30 **Bundesliga Highlights Show**
7.30 **LIVE EFL Birmingham City v Middlesbrough.** Coverage of the Championship match staged at St Andrew's. Middlesbrough claimed a 2-1 win in November's reverse fixture at the Riverside Stadium. Kick-off **8.00pm**.
10.30 **Bundesliga Highlights Show**
11.30 **EFL Greatest Games**
12.00 M'T **EFL Cup Retro**
2.00 AM **1983: When Aberdeen Ruled Europe** Documentary.
3.00 **EFL Greatest Games**
3.30 **Championship Season Review**
5.00 **Best Goals: EFL Cup 23/24**
5.30 **to 6.00** AM **EFL Trophy**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **Men's T20 World Cup**
8.00 **Men's T20 World Cup** A replay of England v New Zealand in the Super Eight stage held at R. Premadasa Stadium, Colombo.
12.00 NOON **Best of ICC WT20**
12.15 PM **Best of England v South Africa** Archive highlights.
12.30 **Men's T20 World Cup**
1.00 **The Story of the Men's T20 World Cup Final 2024**
2.00 **Men's T20 World Cup** Highlights from India v Pakistan.
2.30 South Africa v Afghanistan.
3.00 Sri Lanka v New Zealand.
3.30 India v West Indies.
4.00 Sri Lanka v England.
5.00 England v Pakistan.
6.00 England v New Zealand.
7.00 **The Story of the Men's T20 World Cup Final 2024** A look back at India v South Africa.
8.00 **Men's T20 World Cup** A replay of England v New Zealand in the Super Eight stage held at R. Premadasa Stadium, Colombo.
12.00 M'T **Best of ICC WT20**
12.15 AM **Best of England v South Africa** A 2011 World Cup game.
12.30 **to 6.00** AM **Men's T20 World Cup**

Sky Sports Golf

406 406 506 423 443

6.00 AM **DP World Tour Golf**
11.30 **PGA Tour Golf** A replay of day four of the Cognizant Classic.
4.30 PM **TGL** Jupiter Links v Boston Common from SoFi Center.
6.30 **PGA Tour Golf** Cognizant Classic.
7.30 **DP World Tour Golf** The South African Open Championship.
8.00 **Legends Tour Golf** Action from the Staysure Marbella Legends.
9.00 **TGL** Jupiter Links v Boston Common from SoFi Center.
11.00 **Beyond the Scorecard**
11.30 **DP World Tour Golf**
12.00 M'T **LIVE TGL Los Angeles Golf Club v New York Golf Club.** Coverage of the team match staged at SoFi Center in Palm Beach, Florida, which features a combination of traditional golf play with elements of simulated indoor golf, with players from the PGA Tour.
2.00 AM **How the 2004 Ryder Cup Was Won** Event review.
4.00 **Golf Academy** Expert tips.
5.00 **to 6.00** AM **School of Golf**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **ATP Tennis** Santiago Open.
8.00 **WTA Tennis** Mérida Open final.
10.00 **WTA Tennis** Austin Open final.
12.00 NOON **ATP Tour This Week**
12.30 PM **Tennis** Indian Wells Open.
2.00 **ATP Tennis** Dubai Championships.
3.00 Acapulco Open final.
4.00 **WTA Tennis** Austin Open final.
5.00 **ATP Tennis** Santiago Open final.
6.00 **WTA Tennis** Mérida Open final.
7.00 **WTA & ATP Tennis** The 2025 Indian Wells Open singles finals.
9.00 **WTA Tennis** Austin Open final.
10.00 **ATP Tennis** Santiago Open final.
11.00 **WTA Tennis** Mérida Open final.
12.00 M'T **to 6.00** AM **ATP & WTA Tour Classic Matches**

Sky Sports Mix

416 412 511 429 449

6.00 AM **EFL Greatest Games**
7.00 **ATP Tennis** Dubai Championships.
8.00 Acapulco Open final.
10.00 **TGL** New York v Atlanta Drive.
12.00 NOON **TGL** A chance to see Boston Common v Los Angeles.
2.00 PM **PL Greatest Games**
3.00 **Men's T20 World Cup**
4.00 **WTA Tennis** Doha Open review.
4.30 Dubai Championships.
5.00 **Super League** Hull Kingston Rovers v Leeds Rhinos.
8.00 **ATP Tennis** Dubai Championships.
9.00 The Acapulco Open final.
10.00 **WTA Tennis** Austin Open final.
11.00 **Men's T20 World Cup**
12.00 M'T **The Insiders** NFL news.
1.00 AM **Super League Highlights**
1.15 **Women's Super League**
1.30 **Super League Highlights**
2.00 **Super League** A match replay.
4.45 **to 6.00** AM **NFL Highlights**

Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 1** Highlights.
10.00 **Indycar** Another chance to see the Grand Prix of St. Petersburg.
12.30 PM **Indy NXT** A replay of the Grand Prix of St. Petersburg.
1.45 **Brad Pitt x McLaren**
2.00 **Formula 1** Action from the 2025 Abu Dhabi Grand Prix.
3.30 **Testing Wrap** Day six review.
4.00 **F1 Show: Lights Out 2026**
5.00 **Indycar** Another chance to see the Grand Prix of St. Petersburg.
7.30 **Testing Wrap** Day six review.
8.00 **Formula 1** Highlights from the 2015 Australian Grand Prix.
9.00 Australian Grand Prix 2016.
10.00 Australian Grand Prix 2017.
11.00 Australian Grand Prix 2018.
12.00 M'T **to 6.00** AM **The Best of F1**

TNT Sports 1

410 413 521 408 430

6.00 AM **Premier League Review**
7.00 **Premier League: Big Interview**
7.30 **Premier League Stories**
8.00 **Premier League** Another chance to see Bournemouth v Sunderland at Vitality Stadium.
9.30 **UEFA Champions League Magazine** News and action.
10.00 **Serie A** Inter Milan v Genoa.
11.00 AS Roma v Juventus.
12.00 NOON **Ally's Social Club** An interview with Steven Gerrard.
1.00 PM **Premier League Review**
2.00 **Classic Premier League**
4.00 **Snooker** Action from the seventh and final day of the Welsh Open.
6.00 **LIVE Ultimate Pool** Coverage from Group A of the last eight of the Women's Champions League, as leading players battle it out.
9.30 **Premier League Netbusters**
10.00 **Fight Week** A preview of the stacked card for UFC 326.
10.30 **UFC** A replay of Brandon Moreno v Lone'er Kavanagh in Mexico.
1.30 AM **Fight Week** A preview of the stacked card for UFC 326.
2.00 **The Breakdown**
2.30 **Premier League Netbusters**
3.00 **to 6.00** AM **One-Day International Cricket**

TNT Sports 2

411 414 522 409 431

6.00 AM **MotoGP** From Thailand.
10.30 **MotoGP Films**
11.00 **PREM Rugby Cup** Highlights.
12.00 NOON **Snooker** Welsh Open.
2.00 PM **MotoGP** Action from the MotoGP Grand Prix of Thailand.
3.00 **Serie A** Inter Milan v Genoa.
4.00 AS Roma v Juventus.
5.00 **Premier League Review**
6.00 **LIVE MLB Detroit Tigers v Atlanta Braves.** Coverage of the spring training match from Publix Field at Joker Marchant Stadium in Lakeland, Florida. Atlanta have won their last eight meetings with Detroit and won their most recent series 3-0 in September. Start-time **6.05pm**.
9.00 **Fishing: On the Bank**
10.00 **A-League Highlights** Action from the 19th round of fixtures.
10.30 **Women's One-Day International Cricket** Action from Australia v India.
11.30 **Women's T20 International Cricket** New Zealand v Zimbabwe.
12.30 AM **Premier League Netbusters**
1.00 **UEFA Champions League**
1.30 **The Breakdown**
2.00 **Women's Cycling**
3.00 **to 6.00** AM **Men's Cycling**

Sky Sports Action

412 410 510 426 446

6.00 AM **Super League** St Helens v Warrington Wolves from 2025.
9.00 Another chance to see Leeds Rhinos v Wigan Warriors.
12.00 NOON **Super Bowl LX Highlights** Action from Seattle Seahawks v New England Patriots.
1.00 PM **Good Morning Football**
3.00 **NFL Highlights** Denver Broncos v New England Patriots.
4.00 **Super League Highlights**
4.15 **Women's Super League**
4.30 **Super League Highlights**
5.00 **NFL Highlights** Pittsburgh Steelers v Green Bay Packers.
6.00 **NBC's Pro-Football Talk**
8.00 **Super League Highlights** Hull Kingston Rovers v Leeds Rhinos.
9.00 **NBA Basketball** Oklahoma City Thunder v Houston Rockets.
11.30 **LIVE NBA Basketball Milwaukee Bucks v Boston Celtics.** Coverage of the Eastern Conference match staged at Fiserv Forum. Tip-off **12.30am**.
3.00 **to 6.00** AM **LIVE NBA Basketball Golden State Warriors v Los Angeles Clippers.** Coverage of the Western Conference match at Chase Center. Tip-off **3.00am**.

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **Sky Sports Catch Up**
7.00 **Sky Sports Breakfast**
9.00 **Ref Watch** Analysing decisions.
10.00 **Sky Sports FC**
12.00 NOON **Lunchtime Live** The main stories of the day so far.
2.00 PM **Sports Desk** Sports news with live analysis and comments.
5.00 **The Premier League Show** A daily guide to the top flight.
7.00 **Sports Centre** A round-up of the sports news with analysis and comments, plus interviews with the headline makers.
10.00 **Sky Sports News** The day's leading sports stories.
10.30 **Back Pages Tonight** A look at the sports headlines in the back pages of tomorrow's newspapers.
11.00 **Sky Sports News**
11.30 **LIVE NBA Basketball Milwaukee Bucks v Boston Celtics.** Coverage of the Eastern Conference match from Fiserv Forum. Tip-off **12.30am**.
3.00 **to 6.00** AM **LIVE NBA Basketball Golden State Warriors v Los Angeles Clippers.** Coverage of the Western Conference match at Chase Center. Tip-off **3.00am**.

TNT Sports 3

413 415 523 410 432

6.00 AM **Alpine Skiing** Highlights.
7.00 **Snooker** Welsh Open final.
9.00 **Men's Cycling** Event highlights.
10.00 **Women's Cycling** Highlights.
11.00 **Men's Cycling Pro Series** Action from the Ardeche Classic.
12.00 NOON Drome Classic.
1.00 PM Kuurne Brussels Kuurne.
2.00 **Race Bikes** Steve Peat.
2.30 **The Breakdown** Harlequins.
3.00 **PREM Rugby Cup** Highlights.
4.00 **Women's One-Day International Cricket** Highlights from Australia v India held at Ninja Stadium in Hobart.
5.00 **Women's T20 International Cricket** New Zealand v Zimbabwe.
6.00 **Supercars Championship Highlights** Sydney 500.
8.00 **MotoGP** Highlights of races from the Grand Prix of Thailand.
12.30 AM **Formula E Flashback**
1.00 **Premier League Review**
2.00 **Alpine Skiing** Event highlights.
4.00 **to 6.00** AM **Ski Jumping**

TNT Sports 4

414 416 524 411 434

6.00 AM **A-League** Action from football matches in Australia.
12.00 NOON **Women's One-Day International Cricket** Highlights from Australia v India in Hobart.
1.00 PM **Women's T20 International Cricket** Action from New Zealand v Zimbabwe.
2.00 **Alpine Skiing** In Soldeu.
3.00 Action from Garmisch-Partenkirchen in Germany.
4.00 **Ski Jumping World Cup** Action from Bad Mitterndorf, Austria.
5.00 From Hinzenbach, Austria.
6.00 **Marathons** Highlights from the Tokyo Marathon.
7.00 **Race Bikes** News and highlights.
7.30 **TNT Sports Cricket Reload**
7.45 **The Gruppetto** Cycling news.
8.00 **Cycling** Omloop Het Nieuwsblad.
9.00 **Men's Cycling Pro Series** Action from the Ardeche Classic.
10.00 The Drome Classic.
11.00 Kuurne Brussels Kuurne.
12.00 M'T **to 6.00** AM **A-League**

Premier Sports 1

419 551

6.00 AM **NHL: This is Hockey**
7.00 **NHL Ice Hockey** A replay of Anaheim Ducks v Calgary Flames.
9.00 **NHL: This is Hockey**
9.30 **LaLiga** Elche v Espanyol.
11.30 **United Rugby Championship** A replay of Cardiff v Leinster.
1.30 PM **Sporting Greats**
2.00 **NHL on the Fly** The latest news.
3.00 **United Rugby Championship** A replay of Edinburgh v Scarlets.
5.00 **LaLiga** Girona v Celta Vigo.
6.55 **URC in 60** Highlights from the 12th round of fixtures.
7.55 **LIVE LaLiga Real Madrid v Getafe.** Coverage of the Spanish top-flight match at the Bernabeu. Kick-off **8.00pm**.
10.00 **Sporting Greats**
10.30 **URC in 60** Highlights from the 12th round of fixtures.
11.30 **LaLiga** Valencia v Osasuna.
1.30 AM **NASCAR** Another chance to see the DuraMax Grand Prix.
5.30 **to 6.00** AM **Motorsport**

Premier Sports 2

420 552

6.00 AM **Motorsport** Valentino Rossi.
6.30 **NHL Ice Hockey**
10.30 **Bike World** Magazine.
11.00 **NASCAR O'Reilly Series**
2.00 PM **Motorsport** Valentino Rossi.
2.30 **Eredivisie** PEC Zwolle v Ajax.
4.30 **Elite Ice Hockey League**
6.30 **Football's Greatest**
7.00 **LIVE NHL Ice Hockey Nashville Predators v Detroit Red Wings.** The inter-conference match staged at Bridgestone Arena. Face-off **7.00pm**.
10.00 **NHL: This is Hockey**
10.30 **NHL Specials** Florida Panthers.
11.30 **Football's Greatest**
12.00 M'T **LIVE NHL Ice Hockey New York Rangers v Columbus Blue Jackets.** The Eastern Conference match from Madison Square Garden. Face-off **12.00m't**.
3.00 AM **Temples of Sport**
3.30 **NHL Tonight** Defensemen.
4.30 **Bike World** Recent action.
5.00 **to 6.00** AM **Motorsport**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Tuesday

3 March

Evening Planner

Football

Women's World Cup Qualifier: Ukraine v England

ITV4, kick-off 5pm

The Lionesses kick off their campaign to qualify for next year's World Cup in Brazil.

Documentary

Nando's Vs KFC: Battle of the Brands

C4, 8pm

It's all-out chicken war, but are you Team Peri Peri or Team Colonel Sanders?

Documentary

Stonehenge: Secrets of the New Stone

5, 9pm

Actor Jason Watkins and historian Tracy Borman look at Stonehenge's altar stone.

Documentary

How Safe Is Rugby?

BBC1, 10.40pm (times vary)

Former England scrum half Ben Youngs looks at the link between concussion and long-term brain health, in this one-off.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show †	7.30 EastEnders	8.00 MasterChef: The Professionals		9.00 Silent Witness		10.00 News; Local News	10.40 How Safe Is...
	102 BBC2	7.00 Great British Menu		8.00 Digging for Britain		9.00 Europe on the Edge with Katya Adler		10.00 QI	10.30 Newsnight
	103 ITV1		7.15 The Martin Lewis Money...	8.00 Emmerdale	8.30 Coronation...	9.00 The Summit		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Nando's vs KFC: Battle of the Brands		9.00 Handcuffed: Last Pair Standing		10.00 Gogglebox	
	105 5	7.00 Celebrity Puzzling		8.00 The Yorkshire Vet		9.00 Stonehenge: Secrets of the New Stone			10.15 The X-Files
	106 SKY ONE	7.00 The Simpsons		8.00 Rob & Romesh vs Bollywood		9.00 The Dyers' Caravan Park		10.00 Never Mind the Buzzcocks	
ENTERTAINMENT	115 BBC3		7.05 Deadly 60	7.30 The Weakest Link	8.15 Alan Carr's Picture Slam	9.00 RuPaul's Drag Race UK vs the World			10.10 Thirteen
	116 BBC4	7.00 Canals: The...		7.30 Weatherman...	8.00 Keeping Up...	8.30 Sorry!	9.00 Simon...	9.20 A History of Britain by Simon Schama	10.20 Red Light to Limelight...
	118 ITV2	7.00 Wheel of Fortune		8.00 Ant & Dec's Limitless Win		9.00 The Heat		10.00 Family Guy	
	136 MORE4	‹ 6.55 The Dog House Australia		8.00 Car S.O.S.		9.00 Saving Country Houses with Penelope...		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 MAFS UK Does...	8.00 Celebrity Bake Off		9.00 Gogglebox		10.00 First Dates	
	107 SKY WITNESS	7.00 Police 24/7		8.00 Law & Order: Criminal Intent		9.00 The Rookie		10.00 Law & Order: Special Victims Unit	
	108 SKY ATLANTIC	‹ 6.50 Game of Thrones				9.00 Chernobyl			
	110 U&GOLD	7.00 Porridge	7.40 Dad's Army	8.20 Are You Being Served?		9.00 The Royle Family			10.15 Men Behaving Badly
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Vera				10.00 Endeavour	
	120 ITV4	‹ 4.30 Women's...	7.25 River Monsters	8.00 More Than Machine		9.00 Ice Road Truckers		10.00 Wrestling: AEW Collision	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Lee Evans: Roadrunner		10.00 Film: Zombieland: Double Tap	
	145 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Westworld			10.05 The Leftovers
	143 U&DRAMA	‹ 6.40 Last of the Summer Wine		8.00 Whitstable Pearl				10.00 New Tricks	
	109 U&ALIBI	7.00 Father Brown		8.00 Death in Paradise		9.00 Father Brown		10.00 Death in Paradise	
	122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Stories from the National Gallery		9.00 My Week with Maggi Hambling		10.00 My Week with Lubaina Himid	
	132 U&W	7.00 The Supervet		8.00 999 Rescue Squad		9.00 One Born Every Minute			
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers				9.00 Gold Rush		10.00 Gold Rush: Mine Rescue with Freddy...	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 The Pool Master		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 World War II: The Apocalypse				10.00 Nazi Death Camp: The Great Escape	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Weird Britain		9.00 Britain's X Files		10.00 Secrets in the Sand	
	155 U&YESTERDAY	7.00 Cornwall with Simon Reeve		8.00 Bangers & Cash: Restoring Classics		9.00 Bangers & Cash			
	114 SKY DOCS	7.00 History of the Sitcom		8.00 Murder on Middle Beach					10.05 The Inventor: Out for Blood In...
FILMS – Sky Cinema	301 PREMIERE	‹ 6.20 Reckless		8.00 Jurassic World: Rebirth					10.20 Bring Her Back
	302 HORROR HITS	‹ 6.10 Annabelle		8.00 Annabelle: Creation				9.55 I Know What You Did Last Summer	
	303 BOOK DAY	‹ 6.00 The BFG			8.10 The Witches			9.50 Lemony Snicket's A Series of Unfortunate...	
	304 GREATS	‹ 6.10 Ghostbusters		8.00 Ghostbusters II				9.50 Blade Runner	
	305 ANIMATION	7.00 Monsters vs Aliens			8.40 Penguins of Madagascar				10.20 The Sloth Lane
	306 FAMILY	‹ 6.00 Wicked			8.40 Monster Trucks				10.30 Paul Blart...
	307 ACTION	‹ 5.40 Fast & Furious 5		8.00 Indiana Jones and the Temple of Doom				10.00 2 Fast 2 Furious	
	308 COMEDY	‹ 6.15 The Hangover Part III		8.00 The Holiday					10.25 American Pie 2
	309 THRILLER	‹ 5.30 Detroit		8.00 Lethal Weapon 2				10.00 Sleepers	
	310 DRAMA	‹ 5.40 Molly's Game		8.00 About a Boy			9.45 Lost in Translation		
	311 SCI-FI	‹ 6.15 The Lost Boys		8.00 Pitch Black				9.55 Trap	
	313 FILM4	‹ 6.45 Cowboys & Aliens				9.00 Orphan: First Kill			
SPORT	401 MAIN EVENT	7.00 Gillette Labs Soccer Special							10.30 Back Pages...
	402 PREMIER LEAGUE	7.00 Gillette Labs Soccer Special							10.30 Netbusters
	403 FOOTBALL	7.00 Bundesliga	7.30 EFL Trophy Football – Live: Doncaster Rovers v Stockport County (Kick-off 8.00)						10.30 EFL Highlights
	405 CRICKET	7.00 The Story of the ICC Men's T20 World...	8.00 ICC Men's T20 World Cup						
	410 TNT SPORTS 1	7.00 Premier League – Live: Wolverhampton Wanderers v Liverpool (Kick-off 8.15)							
	411 TNT SPORTS 2	7.00 Premier League – Live: Leeds United v Sunderland (Kick-off 7.30)						10.00 Beacon of Hope – The Grenfell...	

‹ Denotes programmes starting before 7.00pm † Regions vary

TUESDAY

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Tuesday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Crimewatch Live** New edition (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Bear Grylls: Wild Reckoning** New edition A married couple attempt to reconnect. (S)(AD)
2.30 **Marcus Wareing Simply Provence** Featuring a VIP guest. (S)(R)
3.00 **Escape to the Country** New edition From Devon. (S)(AD)
3.45 **Clean It, Fix It** (S)(R)
4.30 **Celebrity Antiques Road Trip** New edition With Peter Andre. (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

7.30 EastEnders

7.00 **The One Show** Alex Jones and Lauren Laverne present the topical show. (S)

7.30 **EastEnders** Ravi is conflicted, Max takes action on Linda's behalf, and Howie is determined to make a difference. (S)(AD)

8.00 **MasterChef: The Professionals** New edition 10/21. In the last week of heats, Matthew Ryle, a finalist in 2018, sets the chefs skills tests inspired by French classic cookery. (S)(AD)
■ Continues tomorrow

9.00 **Silent Witness** Series finale *Shame – Part Two:* 10/10. After the case takes an unexpected turn, the death of a second victim brings the team closer to the truth – and Nikki finds herself in danger. (S29) (S)(AD)

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **NEW Ben Youngs Investigates: How Safe Is Rugby?** England's most capped rugby union player explores if there is a link between concussion and long-term brain health in the wake of his former teammate Lewis Moody's motor neurone disease diagnosis. (S)(AD)
11.40 **Would I Lie to You?** 9/10. Rob Brydon presents as team captains David Mitchell and Lee Mack are joined by Holly Willoughby, Montell Douglas, David Morrissey and John Kearns to deceive their opponents with plausible lies. (S)(R)
12.10 AM **Weather for the Week Ahead**
12.15 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.00 AM **Bear Grylls: Wild Reckoning**
6.30 **Celebrity Antiques Road Trip** (R)
7.15 **Bargain Hunt** (S)(R)(AD)
8.00 **Sign Zone: Marcus Wareing Simply Provence** (S)(R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **Unbeatable** Game show. (S)(R)
2.15 **The Boss** Quiz show. (S)(R)
3.00 **The Vintage French Farmhouse** The markets of Pézenas. (S)(R)
3.45 **Villages by the Sea** (S)(R)
4.15 **Oceans** Mediterranean. (S)(R)(AD)
5.15 **Flog It!** From Tilbury Docks. (S)(R)
6.00 **Richard Osman's House of Games** New edition Josh Jones, Sarah Keyworth, Melvin Odoom and Kimberly Wyatt take part. (S)
6.30 **Do You Know Your Place?** New edition From Dudley. (S)

9.00 Europe on the Edge

7.00 **Great British Menu** New edition Chefs from Scotland serve up their canapes, starters and fish dishes inspired by the British film industry, including a veloute inspired by *Trainspotting*. (S)(AD)
■ Continues tomorrow

8.00 **Digging for Britain** 3/6. Alice Roberts visits digs in the north of Britain, including Scotland's oldest railway and one of the best-preserved Norman castles. (S)(R)(AD)

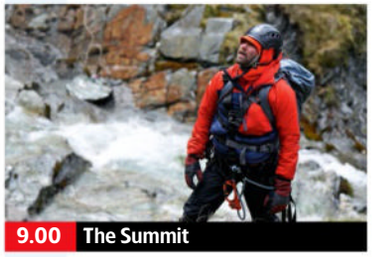
9.00 **NEW SERIES Europe on the Edge with Katya Adler** 1/3. The journalist explores what the future holds for Europe in a world where it can no longer fully rely on America, beginning by visiting Italy and Germany. (S)
■ Entire series on BBC iPlayer

10.00 **QI** Ed Byrne, Jimmy Carr and Judi Love join regular panellist Alan Davies and host Sandi Toksvig on the comedy quiz. (S)(R)
10.30 **Newsnight** (S)
11.00 **Forensics: The Real CSI** A 12-year-old boy is fatally stabbed in Birmingham on his way home from school. (S)(R)(AD)
12.05 AM **Last Woman on Earth with Sara Pascoe** Greece. (S)(R)(AD)
1.00 **Sign Zone: The Apprentice** (S)(R)
2.00 **Sign Zone: The Apprentice: Unfinished Business** (S)(R)(AD)
2.30 **Sign Zone: Lord of the Flies** (S)(R)
3.30 **Sign Zone: AI Confidential with Hannah Fry** (S)(R)(AD)
4.30 **to 6.00** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** Current affairs and lifestyle features. (S)
9.30 **Lorraine** Entertainment, current affairs and fashion news. (S)
10.00 **This Morning** Celebrity chat, advice and lifestyle features. (S)
12.30 PM **Loose Women** Celebrity interviews and studio discussion from a female perspective. (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Lingo** Word-based quiz show hosted by Adil Ray. (S)(R)
3.00 **Riddiculous** New edition Quiz show hosted by Ranvir Singh. (S)
4.00 **Tipping Point** New edition Game show hosted by Ben Shephard. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)



9.00 The Summit

7.15 **The Martin Lewis Money Show: Live** New edition With the Chancellor's spring statement looming, Martin is back with a Big Briefing giving advice to viewers on how to best protect the money in their pockets. (S)

8.00 **Emmerdale** Sarah betrays Jacob's trust, while Jai and Kerry enjoy working together. (S)(AD)
8.30 **Coronation Street** Sally spots Carl's latest attempt to swindle Debbie. (S)(AD)

9.00 **The Summit** New edition 6/8. The stakes get higher as just seven of the original 14 remain with Dockers trying to enlist fellow climbers into a secret group to try to oust his biggest threats. (S)(AD)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **The Brit Awards** Jack Whitehall hosts the annual ceremony, which for the first time is moving north, to Co-op Live in Manchester, where the biggest names in the music industry will gather to celebrate another 12 months in pop. Those taking to the stage include Harry Styles, Alex Warren and Wolf Alice. (S)(R)
12.55 AM **Teleshopping**
3.00 **Dermot O'Leary's Taste of Ireland** 4/5. Dermot heads to cosmopolitan Cork. (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Jeremy Pang's Hong Kong Kitchen** (S)(SL)(R)(AD)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 4-6/26. (S10) (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 16-19/24. (S4) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** (S)(R)
5.00 **Four in a Bed** New edition The second visit of the week is to the Red House in Cambridgeshire. (S)
5.30 **Come Dine with Me** New edition Richard sets a high bar on the second evening in south Wales by hosting dinner in his pub. (S)
6.00 **A Place in the Sun** Lucy Alexander heads to the island of Ibiza hoping to help a couple find their dream holiday home. (S)(R)

9.00 Handcuffed: Last Pair Standing

7.00 **News** (S)

8.00 **NEW SERIES Nando's vs KFC: Battle of the Brands** Documentary series pitting two companies against one another each week, beginning with two of the most popular chicken restaurants in the UK. Kate Quilton presents. (S)(AD)

9.00 **Handcuffed: Last Pair Standing** New edition A self-confessed prude gets cuffed to a heavily tattooed man, and the friendship between a hairdresser and a chatty mum could be the start of something beautiful. (S)(AD)

10.00 **Gogglebox** The armchair critics share their opinions on what they have been watching during the week, with cameras capturing their instant reactions and lively discussions. (S)(R)(AD)
11.05 **Gogglebox** Opinions on *The Sky at Night, Coronation Street, The Stolen Girl* and *The Piano*. (S)(R)
12.05 AM **Millionaire Hoarders** (S)(R)
1.05 **Secret Genius** (S)(SL)(R)(AD)
2.00 **Ramsay's Kitchen Nightmares USA** In Yonkers, New York. (S)(R)
2.50 **The Last Leg** (S)(SL)(R)
3.45 **Sunday Brunch** (S)(R)
3.55 **Our Welsh Chapel Dream** (S)(R)
4.50 **Location, Location, Location** (R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **The Good Ship Murder** 2/7. Jack crosses paths with an ex-con. (S2) (S)(R)(AD)
4.00 **Bargain-Loving Brits in the Sun** New edition Michelle scrambles to sort her Kylie costume before a gig. (S)
5.00 **News** (S)
6.00 **Love Nature** New edition How Lough Neagh is being restored to its previous condition. (S)
6.05 **The Motorway** A 44-ton lorry crashes and overturns in the middle of the M6. (S)(R)
6.55 **News** (S)

8.00 **The Yorkshire Vet**

7.00 Celebrity Puzzling New edition Jeremy Vine hosts, with team captains Carol Vorderman and Sally Lindsay joined by Jennie Bond and Shappi Khorsandi. (S)
7.55 **News** (S)

8.00 The Yorkshire Vet New edition On his night shift, Rohin Aojula helps a ewe who has pushed out her uterus after giving birth to twins, while Peter is called to see the oldest cow he's ever met, 27-year-old Big Girl. (S)

9.00 NEW Stonehenge: Secrets of the New Stone Documentary in which actor Jason Watkins and historian Tracy Borman investigate the final mystery of Stonehenge – the secret of the altar stone. (S)

10.15 The X-Files *Clyde Bruckman's Final Repose:* 4/24. Mulder and Scully pursue a serial killer murdering fortune tellers, and receive help from a salesman with psychic abilities. Guest stars Peter Boyle. (S3) (S)(R)

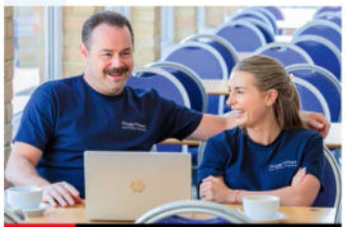
11.15 **Call the Bailiffs: Time to Pay Up** Squatters are removed from a council-owned building. (S)(R)
12.15 AM **Rogue Claimers** (S)(R)
1.10 **Teleshopping** (S)(R)
2.40 **Friends** (S3) (S)(R)(AD)
3.05 **Scenic Railway Journeys** (S)(R)
3.55 **Save Money on Your Supermarket Shop** (S)(R)
4.45 **Antiques Showdown** (S)(R)
5.35 **to 5.45** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128 | 253

SKY ONE

106 106 | 109 | 346 | 361

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Stargate SG-1** (S1) (S)(R)
9.00 **NCIS: Los Angeles** (S13) (S)(R)
10.00 **Will & Grace** (S1) (S)(R)(AD)
11.00 **The Simpsons** S)(R)
12.00 NOON **Secret World of Sound with David Attenborough** Mating calls. (S)(R)(AD)
1.00 PM **Hawaii Five-0** (S1) (S)(R)
2.00 **NCIS: Los Angeles** (S13) (S)(R)
3.00 **S.W.A.T.** 6/22. (S1) (S)(R)(AD)
4.00 **Police 24/7** 6/10. (S1) (S)(R)
5.00 **The Simpsons** (S)(R)
6.00 **The Office (US)** 7/19. Part one of two. Michael asks his employees for a loan. (S)(R) **6.30** 8/19. Part two of two. Michael tries to run away, but Jan finds him. Meanwhile, Dwight pines over Angela. (S4) (S)(R)



9.00 **The Dyers' Caravan Park**

7.00 The Simpsons *Moms I'd Like to Forget:* Marge is reunited with three old friends. (S)(R) **7.30** *Flaming Moe:* Moe achieves massive success when he decides to turn his tavern into a gay bar. (S)(R)

8.00 Rob & Romesh vs Bollywood Rob and Romesh travel to Mumbai with the aim of breaking into one of the world's biggest film industries and earning roles in a Bollywood movie. (S)(R)(AD)

9.00 The Dyers' Caravan Park New edition 3/6. Sales are still lagging at Priory Hill, so Danny and Dani hold a big open day to up the stakes and hope to finally sell their prized caravan. (S)(AD)

10.00 Never Mind the Buzzcocks Greg Davies hosts the music quiz, with Clint Boon, Patsy Kensit, Danny Goffey and guest captain Bez joining regulars Noel Fielding and Jamali Maddix. (S)(R)(AD)

11.00 **Grimm** 6/22. Hank and Nick investigate the case of a man whose house exploded soon after his brother's death in a similar incident, while a mysterious female biker is stalking the survivor. (S1) (S)(R)
12.00 M'T **Police 24/7** (S)(R)
1.00 AM **The Force: Manchester** (R)
2.00 **Road Wars** (S)(R)
3.00 **Hawaii Five-0** 6/24. (S1) (S)(R)
4.00 **S.W.A.T.** 6/22. (S1) (S)(R)(AD)
5.00 **to 6.00** AM **Highway Patrol** (R)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
7.00-7.30pm River City **11.40** Scotcast **12.10am** Would I Lie to You? **12.40** Weather for the Week Ahead **12.45-6.00am** BBC News
N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
10.40pm Spotlight **11.10pm-12.10am** Ben Youngs Investigates: How Safe Is Rugby?
WALES
Sky **965**, Virgin **864**, Freesat **965**
10.40pm The Truth About My Murder **11.20** Ben Youngs Investigates: How Safe Is Rugby? **12.20-6.00am** BBC News

BBC2

N. IRELAND
Sky **969**, Freesat **969**
10.00-10.30pm Farm 999
WALES
Sky **968**, Freesat **968**
1.45pm First Minister's Questions **2.45** Unbeatable **3.15** The Boss **4.00** The Vintage French Farmhouse **4.45** Villages by the Sea **5.15** **LIVE** Match of the Day Wales **7.40** Do You Know Your Place? **8.10** Great British Menu **9.10** Europe on the Edge with Katya Adler **10.10-10.30** The Fens: A Wild Year **11.00** **FILM** Scrapper (2023, 12, 80min) ★★★★ **12.20-1.00am** Natural World: The Bat Man of Mexico

ITV1

As main ITV1 except:
WALES
10.45pm Sharp End **11.45** The Floor **12.40-12.55am** Vanished Wales

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Colleen Ramsey: Bywyd a Bwyd **12.30** Heno **1.00** Cegin Bryn: Tir a Môr **1.30** Ffermio **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion a'r Tywydd **3.05** Antur y Gorllewin **4.00** Awr Fawr **5.00** Stwnsh **6.00** Arfordir Cymru: Llyn **6.30** Sgorio **6.57** Newyddion **7.00** Heno **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm **8.25** Rownd a Rownd **8.55** Newyddion a'r Tywydd **9.00** Reform UK: Tu ol I'r Llenni **10.00** Pêl-Droed Rhyngwladol **11.00-11.35pm** Y Fets

TV&Satellite week
New issue on sale today

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

7.00 PM **The Catch Up**
7.05 **Deadly 60** Steve Backshall tracks down the harpy eagle.
7.30 **The Weakest Link** With Tamzin Outhwaite, Jax Jones, Lucy Beaumont, Rav Wilding, Dianne Buswell, Matt Edmondson, Bianca Walkden, and Jay Rayner.
8.15 **Alan Carr's Picture Slam** Contestants from Sheffield, London and Dorset identify a board full of images.
9.00 **RuPaul's Drag Race UK vs the World** New edition 6/8. Comedian Jayde Adams is on hand to help as the queens form comedy double acts for RuPaul's Fringe Festival. *Amandaland* star Lucy Punch joins the judging panel.
10.10 **Thirteen** 1/5. Drama starring Jodie Comer. A woman escapes after being held captive in a cellar for 13 years, and police search for her kidnapper. (S1)
11.10 **Thirteen** 2-5/5. (S1)
3.05 **to 3.50** AM **The Kim Kardashian Diamond Heist**

BBC4

116 119 | 107/108 | 9/24 | 106 | 108 | 11

7.00 PM **Canals: The Making of a Nation** With Liz McIvor.
7.30 **Weatherman Walking: Dylan's Walks** In Swansea.
8.00 **Keeping Up Appearances** Hyacinth visits a stately home.
8.30 **Sorry!** First-ever episode.
9.00 **NEW Simon Schama Remembers... A History of Britain** The historian looks back on his series.
9.20 **A History of Britain by Simon Schama** First edition. A look at the Stone Age to the Battle of Hastings.
10.20 **NEW Storyville: Red Light to Limelight** Sex-working mothers reclaiming their voices through storytelling.
12.00 M'T **Border Country: The Story of Britain's Lost Middleland**
1.00 AM **Made by Machine: When AI Met the Archive**
2.00 **Canals: The Making of a Nation** Documentary.
2.30 **Weatherman Walking: Dylan's Walks**
3.00 **to 4.00** AM **Horizon: Dawn of the Driverless Car**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **The Perfect Pitch**
9.30 **Find It, Fix It, Flog It**
10.25 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed**
4.50 **Car S.O.S** Fuzz Townshend and Tim Shaw enlist the help of actor Roger Moore. **5.50** Restoring a Singer Le Mans sports car for a farmer suffering from dementia.
6.55 **The Dog House Australia** A woman recovering from health issues is encouraged by her friend to get a dog.
8.00 **Car S.O.S** Tim Shaw and Fuzz Townshend restore a VW Polo G40 owned by a 43-year-old man, whose dream car was sidelined by an MOT failure in 2007.
9.00 **Saving Country Houses with Penelope Keith** New edition Four visitors go on a ghost hunt in Britain's most haunted castle, while the owners of Iford Manor in Wiltshire buy a pub to sell their own-brand cider.
10.00 **24 Hours in A&E** Patients include an elderly woman who suffered fall at home.
11.05 **24 Hours in A&E**
12.05 AM **Saving Country Houses with Penelope Keith**
1.10 **24 Hours in A&E**
3.20 **to 3.45** AM **Supermarkets Unwrapped: Snacks Aisle**

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Goldbergs**
10.00 **Modern Family**
11.00 **Ramsay's Kitchen Nightmares USA**
1.00 PM **Brooklyn Nine-Nine**
2.00 **The Simpsons**
3.00 **The Goldbergs**
4.00 **Modern Family**
5.00 **Brooklyn Nine-Nine**
6.00 **The Simpsons**
7.00 **Hollyoaks** Dodger has his chance to expose Sully.
7.30 **MAFS UK Does Come Dine with Me** Kieran Chapman presents a clown-themed carnival of delights.
8.00 **The Great Celebrity Bake Off for Stand Up to Cancer** Daisy Ridley, Tom Allen, Rob Beckett and Alexandra Burke compete.
9.00 **Gogglebox** Opinions on *Michael McIntyre's The Wheel* and *Top Gear*.
10.00 **First Dates** Inexperienced Ed meets 'crazy' Purdey.
11.05 **Naked Attraction: All Out & Proud**
12.10 AM **Gogglebox**
2.15 **First Dates**
3.10 **Brooklyn Nine-Nine**
3.55 **The Goldbergs**
4.45 **to 6.00** AM **Don't Tell the Bride: Revisited**

primetime

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

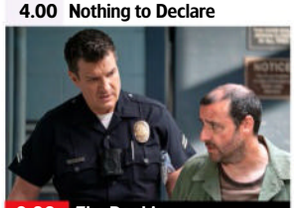
TUESDAY Entertainment

Tuesday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Nothing to Declare**
8.00 **Customs UK**
9.00 **Send in the Dogs**
10.00 **Air Ambulance ER**
11.00 **Caught on Dashcam**
12.00 NOON **FBI** 6/13. (S6)
1.00 PM **The Rookie** 19/20. Guest stars music star will.i.am. **2.00** 20/20. Nolan and Bishop stumble upon a terror plot. (S1)
3.00 **Law & Order: Criminal Intent** 11/23. An airport baggage supervisor is murdered. (S2)
4.00 **Nothing to Declare**



9.00 The Rookie

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Fish Town** Double bill.
7.55 **The Sopranos** (S6)
10.00 **The White Lotus** 3-5/8. (S3)
1.40 PM **The White Lotus** 6/8. Laurie finds herself feeling deceived by Jaclyn. **2.55** 7/8. Saxon questions Timothy's behaviour. **4.05** 8/8. Timothy comes up with a plan for his family. (S3)
5.45 **Game of Thrones** 3/10. Jaime strikes a deal with his captors. **6.50** 4/10. Cersei tells her father that Margaery is manipulating Joffrey. (S3)

4.05 The White Lotus

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Celebrity Dinner Date**
8.25 **Billie and Greg: Family Diaries**
9.25 **The Only Way Is Essex**
10.25 **Real Housewives of Miami**
11.20 **Real Housewives of Beverly...**
12.15 PM **Ant & Dec's Limitless Win**
1.15 **Wheel of Fortune**
2.15 **The Only Way Is Essex**
3.10 **Real Housewives of Cheshire**
4.10 **Real Housewives of Miami**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**

7.00 Wheel of Fortune

ITV3

119 123 117 10 115 7

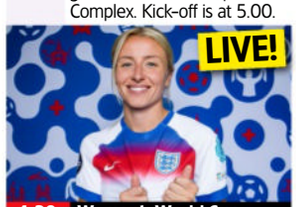
6.00 AM **Never the Twain**
6.30 **On the Buses**
7.05 **Classic Emmerdale**
8.10 **Classic Coronation Street**
9.10 **A Touch of Frost**
11.15 **Heartbeat** Double bill.
1.25 PM **Midsomer Murders** *Beyond the Grave:* A village is rocked by a series of ghostly occurrences.
3.35 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Oscar's Birthday:* Blaketon celebrates his birthday and Gina goes into labour.

5.50 Heartbeat

ITV4

120 124 118 26 117 21

6.00 AM **The Best of the 80s**
6.15 **The Big Match Revisited**
8.25 **Magnum, PI**
9.30 **Kojak**
10.35 **Boon**
11.45 **The Sweeney**
12.50 PM **Dempsey and Makepeace**
1.55 **Magnum, PI**
2.55 **Kojak**
4.00 **Made in Britain**
4.30 **LIVE Football: Women's World Cup Qualifier** Ukraine v England: The Group A3 game from Mardan Sports Complex. Kick-off is at 5.00.



4.30 Women's World Cup

7 PM

7.00 Police 24/7 A routine traffic stop turns into a chase, and officers try to help a woman who has stabbed herself.

7.55 Game of Thrones *Kissed by Fire:* 5/10. The Hound is judged by the gods, while Jaime receives a different form of justice, Robb is betrayed, and Jon proves himself. (S3)

7.00 Wheel of Fortune Graham Norton hosts the game show as contestants compete to solve word puzzles and win money.

6.55 Heartbeat *Family Matters:* An encounter with a gang of armed men presents Miller with a difficult decision.

7.25 River Monsters Jeremy Wade looks into the freshwater giant said to inhabit Russia's remote Amur River.

8 PM

8.00 Law & Order: Criminal Intent *The Consoler:* 2/8. Goren and Eames investigate the apparent suicide of a banker. (S10)

8.00 Ant & Dec's Limitless Win A pair of childhood sweethearts continue their game, followed by a husband and wife.

8.00 Vera *Darkwater:* A teenage boy is found dead in a reservoir near a remote rural town, so Vera takes on the case and uncovers a web of fractured relationships within the community.

8.00 More Than Machine New edition Following members of the M-Sport World Rally Championship team.

9 PM

9.00 The Rookie New episode *The Red Place:* 3/18. Lucy and Celina race to rescue a kidnapping victim. (S8)

9.00 Chernobyl *1.23.45:* 1/5. Workers and firefighters put their lives on the line to deal with an explosion at the nuclear power plant.

9.00 The Heat New edition The hopefuls still have everything to prove as the race to become star chef hots up.

9.00 Ice Road Truckers New edition Lisa Kelly braves the Alaskan winter to deliver flatbed trailers to Fairbanks.

10 PM

10.00 Law & Order: Special Victims Unit *Children of Wolves:* 9/13. Benson must help Noah come to terms with the past. (S25)
11.00 **FBI** Double bill. (S6)
1.00 AM **Law & Order: Criminal Intent** 13&14/16. (S9)
3.00 **Road Wars** A surprise discovery is made on the M5.
4.00 **The Force: Manchester**
5.00 **to 6.00** AM **Stop, Search, Seize**

10.10 Chernobyl *Please Remain Calm:* 2/5. Ulana races to warn a leading nuclear physicist about the threat of a second explosion. (S1)
11.25 **Euphoria** 1/8. Rue deals with her recent relapse. **12.35** AM 2/8. Kat ponders her relationship. (S2)
1.40 **The Wire** 2/13. (S1)
2.45 **True Blood** 2/12. (S1)
3.50 **Game of Thrones**
5.00 **to 6.00** AM **The Guest Wing**

10.00 Family Guy 10/20. Peter gets a job as a nurse. **10.30** 11/20. Brian finds himself bonding with his new girlfriend's son. (S19)
11.00 **Family Guy** 12&5/20. (S18)
12.00 M'T **American Dad!** (S16)
1.00 AM **The Heat** As 9.00pm.
2.00 **Grosse Pointe Garden Society** Series finale 13/13. Suspicions start to mount days after the gala. (S1)
2.50 **to 3.00** AM **Unwind with ITV**

10.00 Endeavour *Oracle:* Thursday and the team are faced with a grisly murder on an Oxford towpath, while Morse sees in the new year at a Venetian opera.
11.50 **A Touch of Frost** *Paying the Price:* Jack's house burns down, forcing him to move in with a colleague.
1.50 AM **On the Buses**
2.15 **to 2.30** AM **Unwind with ITV**

10.00 Wrestling: AEW Collision Hard-hitting action, featuring stars including Thunder Rosa, Jon Moxley and Jay White.
12.00 M'T **Auf Wiedersehen, Pet** 9/13. The lads take a trouble-maker under their wing. (S1)
1.00 AM **Minder**
1.55 **Shardlake**
2.55 **Unwind with ITV**
3.30 **to 4.00** AM **Auto Mundial**

+1 hour 207 310 | +1 hour 208/209 | +1 hour 218 315 29 114 254 | +1 hour 219 317 116 | +1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
6.15 PM **LIVE Women's International Football** Luxembourg v Scotland: Both teams' opening 2027 FIFA World Cup Group B4 qualifier, held at Stade Émile Mayrisch in Esch-sur-Alzette. Kick-off is at 6.30.
8.45 **Reporting Scotland**
9.00 **Murder Case: The Hunt for Arlene Fraser's Killer** Series finale 2/2. Arlene's family and the police fight through courtrooms and appeals to uncover the truth about her disappearance.
10.00 **Scotland: The Promised Land** 2/3. The contentious issue of land and emigration.
11.00 **Scotcast** Topical debate.
11.30 PM **to 12.00** M'T **David Wilson's Crime Files** The harsh reality women face in the justice system.

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S4)
9.00 **Ballers** 1&2/10. (S3)
10.15 **Sex and the City** (S4)
11.25 **Entourage** (S5)
12.30 PM **Will & Grace** (S6)
1.30 **Sex and the City** (S4)
2.45 **Ballers** 3&4/10. (S3)
3.55 **And Just Like That...**
4.45 **The Office (US)** (S4)
5.45 **Will & Grace** (S6)
6.45 **Community** (S1)
7.45 **Sex and the City** 7/18. Charlotte stuns the others by announcing she wants a baby. **8.20** 8/18. Miranda has to stay strong when her mother dies. (S4)
9.00 **Saturday Night Live** Connor Storrie hosts the satirical sketch show.
10.30 **And Just Like That...** 10/12. Carrie has a burst of creative energy. (S3)
11.25 **Community** (S1)
12.25 AM **Entourage** (S5)
1.35 **Ballers** 10/10. (S2)
2.15 **Curb Your Enthusiasm**
3.45 **to 5.00** AM **Veep**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Cirque du Soleil: Varekai** The company tells the story of Icarus.
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **HMS Pinafore with ENO**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Stories from the National Gallery**
9.00 **My Week with Maggi Hambling**
10.00 **My Week with Lubaina Himid**
11.00 **My Week with Guerrilla Girls**
12.00 M'T **The Black Italian Renaissance**
2.00 AM **Landscape Artist of the Year** New editions
4.00 **A Play in a Day**
5.00 **to 6.00** AM **Auction**

Sky Mix

151 158 156 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 12/20. (S1)
5.00 **Stargate SG-1** (S3)
6.00 **Star Trek: Voyager** (S7)
7.00 **Star Trek: The Next Generation** 20/26. (S7)
8.00 **Primeval** 6/7. An angry mammoth appears on a busy motorway. (S2)
9.00 **Fire Country** 9/22. (S1)
10.00 **FBI: International** (S1)
11.00 **Grimm** 2/13. (S6)
12.00 M'T **Warrior** 6/10. (S1)
1.00 AM **Cop Squad**
2.00 **Brit Cops: War on Crime** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Game show.
3.00 **Who Wants to Be a Millionaire?** Quiz hosted by Jeremy Clarkson.
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts the game show as contestant Alex tries to open the 22 red boxes in the right order for the chance to win a life-changing cash prize.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Wheel of Fortune** Contestants hope to spin their way to £50,000 in the game show hosted by Graham Norton.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable**
1.50 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Come Dine with Me**
11.30 **Four in a Bed**
12.00 NOON **A New Life in the Sun** From France.
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **A Place in the Sun**
6.00 **Location, Location, Location** From Surrey.
7.00 **The Roman Empire by Train with Alice Roberts**
8.00 **The Dog House**
9.00 **24 Hours in A&E** A man is rushed to Queen's after collapsing suddenly at home.
10.00 **FILM Mission: Impossible – Ghost Protocol** Spy thriller with Tom Cruise. (2011, 12, 133min) ★★★★
12.40 AM **FILM Ex Machina** Sci-fi drama starring Domhnall Gleeson. (2014, 15, 104min) ★★★★
2.40 **Night Coppers**
3.45 **to 4.40** AM **24 Hours in A&E**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 11/26. (S6)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 12/26. (S6)
2.00 **Primeval** 6&7/10. (S3)
4.00 **Stargate SG-1** 4/22. (S3)
5.00 **Star Trek: Voyager** 14/26. (S2)
6.00 **Star Trek: The Next Generation** 11/26. Part two of two. The Cardassians torture Picard to make him reveal important information. (S6)

11.10 Wynonna Earp

7.00 **Star Trek: Deep Space Nine** *Who Mourns for Morn?* 12/26. Quark inherits a fortune. (S6)

8.00 **Stargate SG-1** *Legacy:* 4/22. Daniel Jackson suffers hallucinations while investigating the origin of a stone tablet. (S3)

9.00 **Westworld** *The Winter Line:* 2/8. Maeve finds herself in a new park and encounters a ghost from the past. (S3)

10.05 **The Leftovers** *Don't Be Ridiculous:* 2/8. Nora travels to St Louis to investigate a scam. (S3)
11.10 **Wynonna Earp** 5/12. The Homestead comes under attack, sending Wynonna and Doc after Peacemaker. (S4)
12.00 M'T **True Blood** 3/12. Debbie's parents arrive in Bon Temps.
1.00 AM 4/12. Bill and Eric hunt for Russell Edgington. (S5)
2.00 **Primeval** 6&7/10. (S3)
4.00 **Wynonna Earp** As 11.10pm.
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S13)
9.00 **Father Brown** As 7.00pm.
10.00 **The Mentalist** 12/13. (S7)
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **The Coroner** (S1)
1.00 PM **Death in Paradise** (S6)
2.00 **Murdoch Mysteries** (S13)
4.00 **The Mentalist** 12/13. (S7)
5.00 **Hudson & Rex** 12/16. A killer resorts to drastic measures to avoid deportation. (S6)
6.00 **The Coroner** 7/10. The people of Lighthaven are stunned when a teenage girl appears to return from the dead. (S1)

6.00 The Coroner

7.00 **Father Brown** *The Smallest of Things:* The priest investigates the macabre world of doll's house crime scenes.

8.00 **Death in Paradise** *The Secret of the Flame Tree:* 2/8. A young literature student is pushed off a cliff to her death. (S6)

9.00 **Father Brown** *The Last Tango in Kembleford:* The competitive atmosphere at a local dance school leads to a dance with death.

10.00 **Death in Paradise** *Frappe Death Day:* 4/8. The team investigate the fatal shooting of a coffee plantation owner. (S8)
11.00 **Father Brown** As 7.00pm.
12.00 M'T **Death in Paradise** (S6)
1.00 AM **The Coroner** As 6.00pm.
2.00 **Murdoch Mysteries** 10/13. Parker goes undercover to probe the slayings of a distiller and his family. (S13)
3.00 **to 4.00** AM **We Hunt Together**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.30 AM **Highlights**
9.15 **Are You Being Served?**
9.55 **Last of the Summer Wine**
11.10 **Dad's Army**
11.50 **Porridge**
12.30 PM **Keeping Up Appearances**
1.10 **The Green Green Grass**
1.50 **Dad's Army**
2.30 **Hi-de-Hi!**
3.10 **Are You Being Served?**
3.50 **Porridge**
4.25 **Dad's Army**
5.00 **Last of the Summer Wine**
6.20 **Keeping Up Appearances**

8.20 Are You Being Served?

7.00 **Porridge** Blanco entrusts the whereabouts of his stashed fortune to Fletch.
7.40 **Dad's Army** Mainwaring decides to let Frazer take charge of the platoon.
8.20 **Are You Being Served?** Old Mr Grace begins to suspect Mr Humphries may be his son and heir.

9.00 **The Royle Family** The family ignore Jim's wishes and celebrate his birthday.
9.35 Jim and Barbara are left holding the baby.

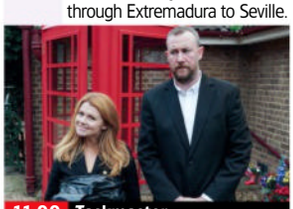
10.15 **Men Behaving Badly** Deborah and Dorothy take a weekend break.
10.55 **Harry Enfield's Television Programme** Sketches.
11.35 **The Royle Family**
12.50 AM **Men Behaving Badly**
1.30 **Hi-de-Hi!**
2.20 **Harry Enfield's Television Programme** Sketch show.
2.50 **Don't Wait Up**
3.20 **to 4.00** AM **Men Behaving Badly**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Cannonball**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Railroad Australia**
11.00 **Rick Stein's Spain**
12.00 NOON **Border Force: America's Gatekeepers**
2.00 PM **World's Most Dangerous Roads** Jamie-Lee O'Donnell and Saoirse-Monica Jackson travel through Romania.
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British**
6.00 **Rick Stein's Spain** Rick travels through Extremadura to Seville.



11.00 Taskmaster

7.00 **Would I Lie to You?** With Clare Balding, Asim Chaudhry, Victoria Coren Mitchell and Greg James.
7.40 **Richard Osman's House of Games** With Jayde Adams and Josie d'Arby.
8.20 With Neil Delamere, AJ Odudu, Lucy Porter and Mark Billingham.

9.00 **QI XL** Johnny Vegas, David Mitchell, Rob Brydon and Alan Davies tackle Stephen Fry's questions on geometry.

10.00 **Have I Got a Bit More News for You** Kevin Bridges hosts the satirical quiz, with guests Helen Lewis and Chloe Petts.
11.00 **Taskmaster** Paul Sinha squats in a telephone box.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **Meet the Richardsons**
3.00 **to 4.00** AM **Meet the Richardsons: Five Years of Laughter**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.00 AM **Birds of a Feather**
7.40 **The Bill**
8.40 **Doctors**
9.55 **Classic Holby City**
10.50 **Classic Casualty**
11.55 **The Bill**
1.00 PM **Classic EastEnders**
2.10 **All Creatures Great and Small**
3.15 **Howards' Way**
4.25 **Shakespeare & Hathaway: Private Investigators**
5.20 **Porridge** The inmates discover there is a thief in their midst.
6.00 **Last of the Summer Wine**

8.00 Whitstable Pearl

7.20 **Last of the Summer Wine** Billy and Alvin learn that Truly's ex-wife is trying to track him down.

8.00 **Whitstable Pearl** *Hidden Treasures:* 5/6. Pearl worries about Dolly when she complains about strange occurrences.

9.00 **Whitstable Pearl** *To Those We Love:* 6/6. A theme park wedding ends abruptly when the bride is found dead. (S2)

10.00 **New Tricks** *A Delicate Touch:* The squad look into the unsolved murder of a barrister found bound and gagged in his car.
11.20 **Shakespeare & Hathaway: Private Investigators** 6/10. Frank and Lu must clear their names when they are framed for various crimes. (S2)
12.20 AM **Dalziel & Pascoe**
2.25 **Birds of a Feather**
2.55 **to 4.00** AM **Copper**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 6-8/25. (S6)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Toxic:* 21/25. A scientist goes missing.
7.00 *Legend – Part One:* 22/25. The agents travel to LA to work with another NCIS team.
8.00 *Legend – Part Two:* 23/25. Agent Callen goes undercover. (S6)
9.00 **Law & Order** New episode *The Meaning of Life:* 4/22. A pipe bomb explodes in a brownstone, and Shaw and Riley must identify the intended target. (S24)
10.00 **Law & Order: Special Victims Unit** *Guardians and Gladiators:* 1/16. The squad attempt to solve an assault. (S22)
11.00 **Law & Order: Special Victims Unit** (S22&21)
1.45 AM **Person of Interest**
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Shoplifters: Caught Red Handed**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Rogue Claimers**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **Street Cops: Catching the Yobs** Police are braced for trouble at a football play-off final.
10.00 **999: Critical Condition** A woman who fell 50 metres down a waterfall.
11.00 **Skin A&E** Documentary.
12.00 M'T **Murder Scene: The Incident Room**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.45 **Skin A&E**
3.35 **to 4.00** AM **Eggheads**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Winter Road Rescue**
9.35 **Traffic Cops**
10.35 **Police Interceptors**
12.40 PM **FILM Decision at Sundown** Western. (1957, PG, 77min) ★★
2.20 **FILM Kansas Raiders** Civil War western starring Audie Murphy. (1950, PG, 80min) ★★
4.00 **Trucking Heavy**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** PC Brian Camsell pursues a suspect refusing to stop.
9.00 An HGV smashes into a railway bridge.
10.00 **Police: Suspect No 1** Two businessmen are assaulted in a pub.
11.00 **Banged Up Abroad**
12.00 M'T **Extreme Tow Truckers** Documentary.
1.00 AM **Outback Truckers**
2.00 **Trucking Hell**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.00 **Tipping Point**
10.00 **DIY SOS: Celebrating 20 Years** As 6.00pm.
11.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: Celebrating 20 Years** A look back at the show's history.
7.00 **The Supervet** Rescue Labrador Tom has a serious wound on one of its front paws.
8.00 **999 Rescue Squad** The response team race to the rescue of a worker trapped in a collapsed trench.
9.00 **One Born Every Minute**
11.00 **Nurses Down Under**
12.00 M'T **Louis Theroux – Extreme Love: Dementia**
1.00 AM **Louis Theroux – Extreme Love: Autism**
2.00 **to 3.00** AM **Michael McIntyre's The Wheel**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great Indian Railway Journeys**
8.00 **Bangers & Cash**
10.00 **War Factories**
11.00 **Nuremberg: Nazis on Trial** Albert Speer.
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **War Factories**
5.00 **Nuremberg: Nazis on Trial** Albert Speer.
6.00 **Antiques Roadshow**
7.00 **Cornwall with Simon Reeve** 1/2. Documentary.
8.00 **Bangers & Cash: Restoring Classics**
9.00 **Bangers & Cash** Derek collects a pair of stylish British classics.
10.00 Jack attempts to extract a 1987 Peugeot 205 GTI from a garage.
11.00 Derek picks up a quartet of tasty vehicles.
12.00 M'T **Bangers & Cash**
2.00 **to 3.00** AM **War Factories**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** East Sussex.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **Celebrity Yorkshire Auction House**
4.00 **Long Lost Family**
6.00 **Money for Nothing**
7.00 **Salvage Hunters**
8.00 **Antiques Road Trip** Items in East Anglia include uranium glass and a posh suitcase.
9.00 **Who Do You Think You Are?** Una Stubbs learns about the grandparents she never met.
10.00 **Long Lost Family: What Happened Next**
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

TUESDAY Entertainment

Tuesday

Great! TV

157 167 170 34 32

8.00 AM **Highway to Heaven**
10.00 **Little House on the Prairie** 4-6/22. (S9)
1.00 PM **The Waltons** (S4)
3.00 **Ballykissangel** (S3)
4.10 **Born and Bred** (S2)
5.20 **Doctor Finlay** 3/7. (S3)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** 13-15/24. (S2)
9.00 **Brush Strokes** 1/8. Jacko feels the Italian way of life is not for him, and he continues to look for the perfect woman. **9.40** 2/8. Gold-digging Paulette tries to talk Elmo into buying a country mansion. **10.20** 3/8. Jacko meets a new lady, thanks to her budgie. (S5)
11.00 **The New Avengers** (S1)
12.00 M'T **The Avengers** (S6)
1.00 AM **M*A*S*H** (S2)
2.25 **Home to Roost** (S4)
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.00 AM **The High Chaparral**
10.00 **The Avengers** (S5)
11.00 **The Baron** 16/30. (S1)
12.00 NOON **FILM Pony Express** Western. (1953, U, 101min) ★★★
2.15 PM **FILM A Man Called Sledge** Western drama. (1970, PG, 93min) ★★★
4.30 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The New Avengers** (S2)
7.00 **The Avengers** (S5)
8.00 **The Baron** 17/30. (S1)
9.00 **FILM End of a Gun** Thriller starring Steven Seagal and Florin Piersic Jr. (2016, 15, 87min) ★★
10.55 **FILM Dragon Eyes** Martial arts crime drama. (2012, 18, 87min) ★★
12.55 AM **The Baron** (S1)
1.55 **The New Avengers**
3.00 **FILM McLintock!** Comedy Western. (1963, U, 127min) ★★★
5.15 **to 5.50** AM **Police Ten 7**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.10 AM **FILM Garage Sale Mysteries: The Mask Murders** Crime thriller. (2018, PG, 84min) ★★
10.05 **Unforgettable** (S1)
11.05 **Castle** 7/23. (S7)
12.05 PM **Hailey Dean Mysteries** Crime drama.
2.00 **Diagnosis Murder**
4.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 8/23. (S7)
8.00 **Unforgettable** (S1)
9.00 **FILM An Aurora Teagarden Mystery: Real Murders** Thriller. (2015, PG, 90min) ★★
10.55 **FILM Fixer Upper Mysteries: Deadly Deed** Drama. (2018, PG) ★★
12.50 AM **FILM Brace for Impact** Crime thriller. (2016, PG, 85min) ★★
2.35 **FILM Secrets in the Snow** Mystery thriller. (2020, PG, 90min) ★
4.00 **to 5.00** AM **Sue Thomas: F.B.Eye**

+1 hour 322

Great! Romance

319 317 424 52 47

8.10 AM **FILM Matching Hearts** Romantic drama. (2020, PG, 100min) ★★
10.05 **FILM The Love Gala** Comedy. (2023, PG) ★★
12.05 PM **FILM To England, with Love** Comedy. (2023, PG, 89min) ★★
2.05 **FILM Baking Up Love** Romantic drama. (2021, PG, 95min) ★★
4.10 **FILM The Royal Bake Off** Romantic drama. (2023, PG, 90min) ★★
6.10 **FILM Butlers in Love** Romantic comedy. (2022, PG, 89min) ★★
8.00 **FILM Romance in Hawaii** Romantic comedy. (2023, U, 89min) ★★
9.55 **FILM Love and Sunshine** Romance. (2019, PG, 100min) ★★
11.50 **FILM Angel of Christmas** Drama. (2015, PG) ★★
1.55 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Baking Up Love** (2021)

+1 hour 320

Together TV

170 136 83 162

11.00 AM **Garden Rescue**
12.00 NOON **Edwardian Farm**
1.15 PM **New Home DIY**
1.45 **Musketeer**
2.00 **The Greatest Auction**
3.00 **Hello Campers**
4.00 **New Home DIY**
5.00 **Supermarket Secrets Revealed**
6.00 **The Greatest Auction**
7.00 **Garden Rescue**
8.00 **The Wild Gardener** Following Colin Stafford-Johnson as he turns his childhood garden into a wildlife haven.
8.45 **Edwardian Farm** Tourists visit the Tamar Valley.
10.00 **FILM Au Pair Girls** Comedy with Gabrielle Drake and Astrid Frank. (1972, 18, 86min) ★★
12.00 M'T **FILM Can You Keep It Up for a Week?** Comedy. (1974, 18) ★
2.00 AM **The Wild Gardener**
2.45 **Edwardian Farm**
4.00 **to 5.00** AM **Flipping Profit**

Rewind TV

182 81 141

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **The Rewind Jukebox**
11.00 **Shine on Harvey Moon**
12.05 PM **The Fenn Street...**
12.35 **Agony** 2/6. (S1)
1.05 **Press Gang** 2/12. (S1)
1.35 **Boon** 9/13. (S3)
2.40 **Wish Me Luck** (S3)
3.45 **Rewind & Remember**
3.55 **Mysterious Tales**
4.00 **Discovering Gardens**
4.30 **Old Country**
5.00 **Stereo Underground**
6.00 **The Fenn Street Gang**
6.30 **Press Gang** 2/12. (S1)
7.00 **Agony** 2/6. (S1)
7.30 **The Gaffer** 2/12. (S1)
8.00 **Boon** 9/13. (S3)
9.05 **Drop the Dead Donkey**
10.05 **Naughty Joke Box**
11.40 **FILM Children Shouldn't Play with Dead Things** Horror. (1973, 15, 87min) ★★
1.25 AM **Stereo Underground**
2.25 **Wish Me Luck** (S3)
3.30 **to 6.00** AM **Highlights**

DMAX

158 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters: Mine SOS** Documentary.
9.00 **The Snake Catcher**
10.00 **Deadliest Catch**
12.00 NOON **Treasure Quest: Snake Island**
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Double bill.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Keith's life spirals, and Sig torments his old protégé.
9.00 **Hoffman Family Gold** Frustrations reach a breaking point between Chambo and Andy.
10.00 **Deadliest Catch** Sig risks capsizing when his tank floods in a storm.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid XL** Double bill.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 258 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Adam Richman Eats Italy** Double bill.
7.00 **The Hairy Bikers' Northern Exposure**
8.00 **The Pioneer Woman**
9.00 **Jamie's Easy Meals for Every Day** Double bill.
10.00 **Barefoot Contessa: Back to Basics**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Mediterranean**
3.00 **The Hairy Bikers' Northern Exposure**
4.00 **The Pioneer Woman**
5.00 **Jamie's Easy Meals for Every Day** Double bill.
6.00 **Barefoot Contessa: Back to Basics**
7.00 **Great British Bake Off**
10.30 **Mary Berry's Foolproof Cooking** A selection of dishes for families.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 17/26. (S5)
9.00 **The A-Team** 22/23. (S4)
10.00 **The Invaders** (S2)
11.00 **FILM Asteroid v Earth** Sci-fi disaster movie. (2014, 15, 91min) ★★
1.00 PM **FILM Walker, Texas Ranger: Trial by Fire** Action drama spin-off. (2005, 12, 90min) ★★
3.00 **FILM The Legend of Hercules** Adventure. (2014, 12, 97min) ★★
5.00 **Star Trek** 1/24. (S3)
6.00 **The Invaders** (S2)
7.00 **The A-Team** 23/23. (S4)
8.00 **Walker, Texas Ranger**
9.00 **FILM Scarface** Brian De Palma's thriller. (1983, 18, 163min) ★★★★★
12.30 AM **FILM USS Indianapolis: Men of Courage** Fact-based World War Two drama. (2016, 15, 125min) ★★
3.00 **to 5.00** AM **FILM Any Bullet Will Do** Western. (2018, 15, 110min) ★★

Legend Xtra

317 316 171 69 138 51

9.00 AM **FILM MacShayne: Winner Takes All** Drama. (1994, PG, 87min) ★★
11.00 **The Lost World** (S2)
12.00 NOON **FILM Alien Convergence** Thriller. (2017, 15, 90min) ★★
2.00 PM **FILM MacShayne: Final Roll of the Dice** Drama. (1993, PG) ★★
4.00 **Walker, Texas Ranger**
5.00 **FILM Instrument of War** Wartime drama. (2017, 12, 90min) ★★
7.00 **The Lost World** (S2)
8.00 **The Fall Guy** 17/23. (S2)
9.00 **FILM Wanted: Dead or Alive** Action thriller. (1988, 106min) ★★
11.10 **FILM The Escapist** Drama with Brian Cox. (2007, 15, 102min) ★★
1.10 AM **FILM Alive** Horror. (2019, 15, 91min) ★★
3.00 **FILM Instrument of War** As 5.00pm.
5.00 **to 6.00** AM **The Lost World**

+1 hour 318 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Canadian Pickers** New edition
7.35 **Junk & Disorderly**
8.30 **Storage Wars**
9.20 **Hardcore Pawn**
10.15 **Pawn Stars**
11.10 **Swamp People**
1.05 PM **Canadian Pickers**
2.05 **Storage Wars**
3.05 **Junk & Disorderly** New edition
4.00 **Ancient Aliens**
5.00 **Evidence of the...**
6.00 **Pawn Stars**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Junk & Disorderly**
10.00 **Rust Valley Restorers**
11.00 **Road Wars** Double bill.
12.00 M'T **Bermuda Triangle**
1.00 AM **Evidence of the Unexplained**
2.00 **Ancient Aliens**
3.00 **Swamp People**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
10.00 **Cats and Dogs at War**
11.00 **Ben Fogle: New Lives in the Wild** South Pacific.
12.00 NOON **Nazi Megastructures**
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **World's Most Scenic Railway Journeys**
6.00 **Abandoned Engineering**
7.00 **Nazi Megastructures**
8.00 **Ben Fogle: New Lives in the Wild** America.
9.00 **The Hotel Inspector**
10.00 **Inside the Four Seasons: Park Lane** Documentary going behind the scenes of the London hotel.
11.00 **Rich Holiday, Poor Holiday** Documentary.
12.05 AM **Wentworth Prison**
1.05 **22 Kids & Counting**
2.05 **22 Kids and Counting at Christmas**
3.10 **to 4.00** AM **Paul Martin's Antiques Showdown**

Challenge

130/131 116/117 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Quiz show.
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **All Star Family Fortunes**
12.40 PM **Lily Savage's Blankety Blank**
2.00 **The Chase** Quiz show.
3.00 **Celebrity Who Wants to Be a Millionaire?** Contestants include Greg Rusedski and Gloria Hunniford.
4.00 **Bridge of Lies**
5.00 **The Bidding Room**
6.00 **Tenable: Soccer Aid Special** Quiz show.
7.00 **The Chase** Triple bill.
10.00 **The Chase Celebrity Special** With guests Mark Foster, Charlene White, Ade Adepitan and Kevin Eldon.
11.00 **Bullseye** Double bill.
12.00 M'T **Classic Who Wants to Be a Millionaire?**
1.00 AM **The Chase**
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Mike & Molly**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Mike & Molly**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the sitcom, including at: **8.00** 3/23. Penny becomes addicted to an online game. **8.30** 4/23. Raj is named one of *People* magazine's '30 to Watch Under 30'. (S2)
9.00 **Mock the Week** With Rhys James, Emmanuel Sonubi, Ed Byrne, Glenn Moore and Sara Pascoe.
10.00 **FILM Zoolander 2** Comedy sequel starring Ben Stiller, Owen Wilson and Penélope Cruz. (2016, 12, 102min) ★★★
12.00 M'T **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Michael McIntyre's The Wheel** Game show.
9.00 **Impractical Jokers**
10.00 **Everybody Loves Raymond** (S4)
12.00 NOON **Michael McIntyre's The Wheel**
1.00 PM **Friends** (S3)
8.00 **Friends** 15/25. Rachel and Ross take a break from each other. **8.30** 16/25. Ross tries to stop Rachel finding out he slept with Chloe. (S3)
9.00 **Lee Evans: Roadrunner**
10.00 **FILM Zombieland: Double Tap** Horror comedy sequel. (2019, 15, 99min) ★★★
12.00 M'T **Whose Line Is It Anyway? USA**
1.00 AM **South Park** (S13)
2.55 **Jeff Dunham: Me the People** Stand-up show.
3.35 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S3)
7.00 **Teleshopping**
9.00 **Spin City** 15&16/24. (S2)
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** (S4)
1.00 PM **Criminally Funny**
2.30 **Blockbusters**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** 15&16/24. (S2)
7.00 **Everybody Loves Raymond** (S4)
10.00 **Friends** (S2&3)
1.00 AM **The Ricky Gervais Show** Double bill.
2.00 **Utopia** 6/8. (S2)
2.30 **Teachers** 18/20. (S2)
3.00 **Reno 911!** (S5)
3.45 **Iain Stirling's Roast the Internet** With London Hughes, Joe Thomas and Harriet Kemsley.
4.30 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **Highlights**
11.00 **Steptoe and Son** (S2)
11.35 **Oh, Doctor Beeching!**
12.10 PM **Rising Damp Christmas Special** (S2)
12.40 **Man About the House**
1.10 **Goodnight Sweetheart**
1.45 **When the Boat Comes In** 2/10. (S4)
2.45 **Minder** 5/11. (S4)
3.50 **Just Good Friends** (S2)
4.25 **Man About the House**
4.55 **Are You Being Served? Again!** 2/6. Sitcom. (S2)
5.30 **Birds of a Feather**
6.00 **That's 60s**
6.10 **Steptoe and Son** (S2)
6.45 **Rising Damp** 7/8. (S2)
7.15 **Whatever Happened to the Likely Lads?** (S2)
7.55 **Minder** 2/11. (S1)
9.00 **Benidorm** 5/7. (S5)
10.00 **Shameless** 3/16. (S5)
11.00 **Man About the House**
11.30 **Rising Damp** 3/7. (S1)
12.00 M'T **Benidorm** 5/7. (S5)
1.00 AM **Minder** 2/11. (S1)
2.00 **to 6.00** AM **Highlights**

MTV

126/127 137 134 351 366

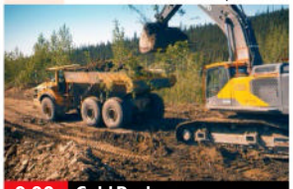
6.00 AM **Teen Cribs**
6.20 **Ghosted: Love Gone Missing** Double bill.
8.00 **Catfish: The TV Show**
4.00 PM **Dallas Cowboys Cheerleaders**
6.00 **Catfish UK**
7.00 **Catfish: The TV Show**
8.00 **Billionaire Kids: Happy Birthday**
9.00 **Just Tattoo of Us: The Best So Far**
10.00 **Dating Naked**
11.00 **Black Ink Crew New York** New edition Dutchess has a night out.
12.00 M'T **Ridiculousness** New editions Rob, Steelo and Lolo feel how painful golf can be. **12.30** AM Rob, Steelo and Lolo dodge getting the 'pain bounce.'
1.00 **Caught in the Act: Unfaithful** Double bill.
2.45 **Teen Mom: The Next Chapter** Reality series.
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made: Dream Cars** Double bill.
7.00 **Diesel Brothers**
9.00 **Gold Rush: Mine Rescue with Freddy & Juan**
11.00 **Overhaulin'** Double bill.
1.00 PM **Gold Rush**
3.00 **How It's Made** Four editions.
5.00 **Alaska: Homestead Rescue** The Raneys continue rescuing a tyre bale home in Ohio. **6.00** The Raneys help an Oregon couple with a toxic salt water well, with Marty building a massive catchment pond.



9.00 Gold Rush

7.00 Wheeler Dealers Mike Brewer finds one of only 1,000 Mini Cooper S MC40s ever made.

8.00 Wheeler Dealers Mike attempts to track down an early SUV – a 1970 International Harvester Scout 800A.

9.00 Gold Rush New edition Following the gold miners of the Yukon as they put everything on the line in a bid to strike it rich.

10.00 Gold Rush: Mine Rescue with Freddy & Juan New edition Freddy and Juan face their most high-stakes treasure hunt yet.

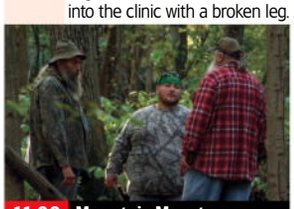
12.00 M'T **Deadliest Catch** After Keith suffers a cardiac event at sea, Monte braves the perilous Saint Paul harbour entry to get his brother to medivac.
1.00 AM **Gold Rush** As 9.00pm.
2.00 **Gold Rush: Mine Rescue with Freddy & Juan**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Edge of Alaska**
10.00 **Tanked** A vehicle aquarium.
11.00 **Animal Cops Philadelphia**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A Bengal cat is disrupting a friendship. **4.00** A cat that reacts violently to a tiny dog.
5.00 **Lone Star Law** The wardens investigate deer stand thefts.
6.00 **Dr Jeff: Rocky Mountain Vet** A golden retriever is rushed into the clinic with a broken leg.



11.00 Mountain Monsters

7.00 Treehouse Masters Pete Nelson saddles up to build a treehouse with a Wild West theme.

8.00 The Pool Master Pool builder Anthony Archer-Wills visits some of the most luxurious pools in the world.

9.00 Alaska: The Last Frontier The team rush to build a cattle fence and rebuild a cabin.

10.00 Alaskan Bush People The Wolfpack's quest for complete freedom takes a big step forward with new livestock.

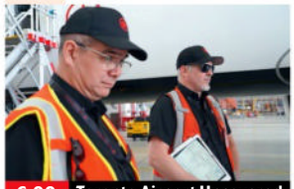
11.00 **Mountain Monsters** A shocking discovery leads Buck to a secret garden.
12.00 M'T **Crikey! It's the Irwins** Chandler faces a koala crisis.
1.00 AM **Great White Shark Babies**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Rocky Mountain Railroad**
9.00 **Air Crash Investigation**
10.00 **Pirates: Behind the Legends**
11.00 **Nazi Megastructures: Battle Ready** Documentary.
12.00 NOON **Colossal Machines**
1.00 PM **Car S.O.S**
2.00 **Air Crash Investigation**
3.00 **Seconds from Disaster**
4.00 **Drain the Oceans**
5.00 **Ice Road Rescue** Ole Henrik sends his rookie crew out.
6.00 **Toronto Airport Uncovered** Lightning interrupts vital maintenance on the airfield.



6.00 Toronto Airport Uncovered

7.00 Air Crash Investigation A 2005 disaster in which the right wing of Chalk's Ocean Airways Flight 101 fell off just after take-off.

8.00 World War II: The Apocalypse Rare footage of the landings on the island of Saipan and D-Day in Normandy.

9.00 World War II: The Apocalypse Footage from the final days of World War Two.

10.00 Nazi Death Camp: The Great Escape Jewish former prisoners at a Polish death camp recall their escape in 1943.

11.00 **Air Crash Investigation** A turboprop breaks apart.
12.00 M'T **Inside Sydney Airport**
1.00 AM **To Catch a Smuggler**
2.00 **Money Meltdown**
2.30 **To Catch a Smuggler**
3.20 **Food Factory USA**
4.10 **Prairie Dog Dynasty**
4.35 **to 5.00** AM **Trials of the Wild**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Rust Valley Restorers**
6.55 **Gold Wars Downunder**
8.45 **Forged with Steele**
9.15 **Pawn Stars** A Kodak camera.
10.10 **Storage Wars** Double bill.
12.00 NOON **Hitler's Engineers**
1.00 PM **Britain's X Files**
2.00 **Secrets in the Sand**
3.00 **Truth & Lies** Triple bill of the documentary, including at: **5.00** How money plays a decisive role in the battle between truth and lies.
6.00 **American Pickers** Vintage treasures at a 1950s drive-in.

10.00 Secrets in the Sand

7.00 Forged in Fire Four smiths are challenged to forge judge Ben Abbott's favourite blade – the Celtic Ring Knife.

8.00 Weird Britain Presenter Andy McGrath joins forces with Dr Kate Cherrell to uncover interesting tales in Staffordshire.

9.00 Britain's X Files New edition Investigating reports into spectral bowmen and an angel from World War One.

10.00 Secrets in the Sand New edition Exploring extraordinary curiosities once concealed within the planet's desert sands.

11.00 **Secrets in the Dark** The fate of Pharaoh Ramses III.
12.00 M'T **Truth & Lies** Examining how influential and powerful people try to spread their own truth by any means.
12.55 AM **Truth & Lies** Double bill.
2.50 **Britain's X Files** As 9.00pm.
3.40 **Weird Britain** As 8.00pm.
4.25 **Pawn Stars** A Kodak camera.
5.10 **to 6.00** AM **American Pickers**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **Janet Jackson**
7.00 **Discovering: Glenn Close**
8.00 **The Directors**
9.00 **100 Foot Wave**
10.00 **Shaq** 1-4/4. Chronicling the career of Shaquille O'Neal.
2.00 PM **Beyond the Scorecard** An amateur golfer attempts to break the world record for most courses played in a year.
4.00 **Discovering: Glenn Close**
5.00 **The Directors**
6.00 **100 Foot Wave** 1/6. Hurricane Epsilon kicks Portugal's 2020 surfing season into high gear.

10.05 The Inventor

7.00 History of the Sitcom 7/8. A look at what situation comedies offer viewers an escape from.

8.00 Murder on Middle Beach 1/4. Film-maker Madison Hamburg investigates the 2010 murder of his mother.

9.00 Murder on Middle Beach 2/4. Local secrets spill out as film-maker Madison Hamburg's investigation continues.

10.05 The Inventor: Out for Blood In Silicon Valley Documentary about the rise and fall of healthcare company Theranos.

12.20 AM **Fatboy Slim: Right Here, Right Now** Documentary about the Big Beach Boutique II free event in 2002, when an estimated quarter of a million people turned up to the concert on Brighton beach.
2.10 **Wig** The Wigstock drag festival.
4.00 **The Directors**
5.00 **to 6.00** AM **Discovering: Glenn Close**

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried**
4.00 **The Yorkshire Auction House** Double bill.
6.00 **Antiques Road Trip**
8.00 **Shed and Buried: Classic Cars** Henry and Fuzz find a rare custom IRIS Sporting Trials car.
9.00 **Richard Hammond's Workshop** New edition With the workshop haemorrhaging money, Richard brings in help.
10.00 **Guz Khan's Custom Cars** Guz enters the world of car modification.
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers World Tour** Double bill.
3.00 **Shed and Buried**
4.00 **to 5.00** AM **How It's Made**

+1 hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Forensic Detectives**
9.00 **FBI Files** Double bill.
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Betrayed**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **The Detectives: My Killer Case**
4.00 **American Monster**
6.00 **American Detective with Lt Joe Kenda**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
9.00 **Body Cam** New edition A violent suspect holds a woman at knifepoint.
10.00 **Road Rage** A man picks a fight with a scooter. **10.30** A woman chases down another driver.
11.00 **Judge Rinder's Crime Stories** Julie Archer.
12.00 M'T **American Monster**
2.00 **to 4.00** AM **Murder on CCTV**

+1 hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder UK** Suzanne Van Hagen meets a violent man online and is found dead a year later.
8.00 **Millionaire Murders** Alex and Maggie Murdaugh's dynasty begins to crumble.
9.00 **Storm of Suspicion** New edition When thunder strikes in Ohio, a mother-of-five is tragically murdered.
10.00 **Secrets of a Murder Detective** New edition The case of 85-year-old Rosina Coleman, who was found dead at her Romford home in 2018.
11.00 **Bloodline Detectives**
1.00 AM **Millionaire Murders**
2.00 **Storm of Suspicion**
3.00 **Secrets of a Murder Detective** As 10.00pm.
4.00 **to 6.00** AM **Close Calls: On Camera**

+1 hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Body in the Water**
11.00 **48 Hours** Angela Craig.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Body in the Water** A body is found floating at a dock in a creek. **3.00** A drought at a French lake reveals a sunken car holding the body of a UK expat.
4.00 **48 Hours** Jane Dorotik.
5.00 **Medical Detectives** A young girl is abducted from her own home. **5.30** How the owner of a severed leg was identified using forensic science. **6.00** The case of killers who burned their victim's body to cover the crime. **6.30** The investigation into sexual assaults on four Indiana women.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Send in the Dogs**
7.00 **Brit Cops: Frontline Crime UK** Documentary.
8.00 **A1: Britain's Longest Road** Documentary.
9.00 **Stop, Search, Seize**
10.00 **Police 24/7**
11.00 **Murders That Shocked the Nation**
12.00 NOON **Killer in My Village** Double bill.
2.00 PM **Forensics: Catching the Killer**
4.00 **Britain's Most Evil Killers**
5.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **Murder in the Alps**
11.00 **World's Most Notorious Killers**
12.35 AM **Police 24/7**
1.30 **Murders That Shocked the Nation**
2.30 **Murdered at First Sight**
3.30 **Stop, Search, Seize**
4.30 **to 6.00** AM **Motorway Patrol**

+1 hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **America the Bountiful** Oregon pears.
8.35 **The Last Days of Anne Boleyn** Documentary.
9.55 **WWII in Colour: Road to Victory**
11.00 **Cleopatra**
12.00 NOON **Egypt's Darkest Hour** Documentary.
1.00 PM **America the Bountiful** Oregon pears.
1.35 **The Last Days of Anne Boleyn** Documentary.
2.55 **WWII in Colour: Road to Victory**
4.00 **Cleopatra**
5.00 **Egypt's Darkest Hour**
6.00 **America the Bountiful**
6.35 **The Last Days of Anne Boleyn** Documentary.
7.50 **WWII in Colour: Road to Victory**
8.55 **Cleopatra**
9.55 **Egypt's Darkest Hour**
10.55 **WWII in Colour: Road to Victory**
12.00 M'T **Cleopatra**
1.00 **to 2.00** AM **America the Bountiful**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

TUESDAY

Tuesday

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Big Beasts: Last of the...**
7.00 **Monkey Life**
8.00 **Africa's Wild Horizons**
9.00 **Orangutan Jungle School**
10.00 **Coral City**
11.00 **Malawi Wildlife Rescue**
12.00 NOON **Brazil Untamed**
1.00 PM **Monkey Life**
2.00 **Africa's Wild Horizons**
3.00 **Orangutan Jungle School**
4.00 **Coral City**
5.00 **Gangs of Baboon Falls**
6.00 **Brazil Untamed**
7.00 **Monkey Life** Double bill.
8.00 **My Wild Cats** Observing five unique feline species as they try to make a comeback in the wild.
9.00 **My Best Friend's an Animal**
10.00 **Brazil Untamed**
11.00 **Gangs of Baboon Falls**
12.00 M'T **Malawi Wildlife Rescue**
1.00 AM **Big Beasts: Last of the Giants** Documentary.
2.00 **My Wild Cats**
3.00 **My Best Friend's an Animal**
4.00 **Africa's Wild Horizons**
5.00 **to 6.00** AM **Orangutan Jungle School**

Sky History 2

163/168 143 186

6.00 AM **World's Most Unexplained**
7.00 **Life After People**
8.00 **What on Earth?**
9.00 **History of Weapons**
10.00 **Combat Ships**
11.00 **Ancient Aliens**
1.00 PM **Alien Files: Unsealed**
2.00 **Walking Through History**
3.00 **Instruments of Death**
4.00 **World's Most Unexplained**
5.00 **Life After People**
6.00 **What on Earth?**
7.00 **History of Weapons** Stephen Bull tests the three most significant weapons of the sea.
8.00 **Combat Ships** Naval armaments through history.
9.00 **Secret Wars Uncovered** The 1983 invasion of Grenada.
10.00 **Secrets of the Hells Angels** The story of methamphetamine dealer Pat Matter.
11.00 **Ancient Aliens** Double bill.
1.00 AM **Alien Files: Unsealed**
2.00 **Walking Through History**
3.00 **Instruments of Death**
4.00 **Curse of the Ancients**
5.00 **to 6.00** AM **Rust Valley Restorers**

Discovery Science

167 148 179

8.00 AM **How the Universe Works**
11.00 **Extreme Engineering**
1.00 PM **Blowing Up History**
3.00 **How It's Made**
3.30 **Above and Beyond: NASA's Journey to Tomorrow**
5.00 **How the Universe Works**
6.00 **How It's Made: Dream Cars**
9.00 **Incredible Engineering Blunders: Fixed** Justin Cunningham and Tomo Umewaka find solutions for engineering mistakes. **10.00** Justin climbs on top of a stadium roof that is held up by air and in danger of collapse.
11.00 **You Have Been Warned** Featuring a bike that exercises the whole body. **12.00** M'T A look at underwater biospheres that can grow crops in the sea.
1.00 AM **How It's Made**
1.30 **Above and Beyond: NASA's Journey to Tomorrow**
3.00 **How the Universe Works**
4.00 **to 6.00** AM **The Dino Hunters**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Court Cam**
11.00 **Crimes That Shook Britain**
2.00 PM **Accident, Suicide or Murder?** As 8.00pm.
3.00 **Imperfect Murder**
6.00 **The First 48**
7.00 **Cold Case Files**
8.00 **Accident, Suicide or Murder?** New edition A mysterious death in a Detroit hotel uncovers a dark web of secrets.
9.00 **Murder on Trial** New edition A health care executive reported missing by his husband is found murdered.
10.00 **Killer Grannies** Police uncover a sprawling cover-up and two women with duelling stories.
11.00 **Homicide Squad: New Orleans**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Interrogation Raw**
2.00 **Killer Grannies** New edition
3.00 **Imperfect Murder**
5.00 **to 6.00** AM **Accident, Suicide or Murder?**

+1hour 256 333

WILD

165 145 182

8.00 AM **Yukon Vet**
9.00 **Last of the Giants: Wild Fish**
10.00 **World's Weirdest**
11.00 **Queens**
12.00 NOON **Heartland Docs**
1.00 PM **Ultimate Airport Dubai**
2.00 **Iberia's Woodlands: Life on the Edge** The wildlife of Spain and Portugal's forests.
3.00 **Incredible Animal Journeys**
4.00 **Secrets of the Zoo**
5.00 **Critter Fixers: Country Vets**
6.00 **Yukon Vet**
7.00 **Secrets of the Zoo** The vets attempt to solve a medical mystery to save a mandrill.
8.00 **Natural Treasures** Capturing an unprecedented moment in the life of whales. **9.00** The metamorphosis of Europe's most beautiful butterfly.
10.00 **Alaska: The Next Generation**
11.00 **Ice Road Rescue**
12.00 M'T **Rocky Mountain Railroad**
1.00 AM **Africa's Deadliest**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Bizarre Animal Friends**

Discovery History

174 147 181

7.00 AM **Blowing Up History**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** The science behind the rules of the universe.
1.00 PM **Mysteries at the Castle**
2.00 **Alien Highway**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Blowing Up History** The ancient necropolis of Abusir contains strange megastructures unlike any in Egypt. Experts gain access to investigate lost tombs and forgotten rituals.
9.00 **Secrets Underground**
10.00 **How Do They Do It?**
11.00 **Massive Engineering Mistakes**
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **Mysteries at the Castle**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **999 Rescue Squad**
11.00 **Brit Cops Down Under**
12.00 NOON **999 Rescue Squad**
2.00 PM **Brit Cops Down Under**
3.00 **999 Rescue Squad**
5.00 **TOTP: 1999** Double bill.
6.20 **TOTP: 1998** Featuring Steps, Vengaboys, and Ruff Driverz.
6.55 **TOTP: 1999** With Terrorvision, Steps and The Offspring.
7.35 **TOTP: 1998** With Culture Club.
8.15 **TOTP: 1999** With The Corrs, Lauryn Hill and Britney Spears. **8.55** Featuring Andy Williams, Underworld and B*Witched.
9.35 **TOTP: 1998** As 6.20pm.
10.10 **TOTP: 1999** As 6.55pm.
10.50 **TOTP: 1998** As 7.35pm.
11.30 **TOTP: 1999** Double bill.
12.50 AM **TOTP: 1998** As 6.20pm.
1.25 **TOTP: 1999** As 6.55pm.
2.05 **TOTP: 1998** As 7.35pm.
2.45 **TOTP: 1999** Double bill.
3.45 **TOTP: 1998** As 6.20pm.
4.10 **TOTP: 1999** As 6.55pm.
4.40 **TOTP: 1998** As 7.35pm.
5.10 **to 6.00** AM **TOTP: 1999**

+1hour 266 376

ID

154 140 166

8.00 AM **Betrayed**
9.00 **American Monster**
11.00 **Disappeared**
12.00 NOON **Evil Lives Here**
1.00 PM **American Monster**
3.00 **Disappeared**
4.00 **Evil Lives Here**
5.00 **Broken Trust** Double bill.
7.00 **Til Death Do Us Part** How after an apparent 'tragic accident' occurred, police arrived at a devastating scene, only to soon uncover a story of infidelity and obsession. **8.00** A case in which a married couple were found shot dead in their home. Investigators revealed a bizarre story that involved drugs, stolen money and a pet parrot who became a witness.
9.00 **Signs of a Psychopath**
10.00 **Evil Lives Here**
12.00 M'T **Unbreakable: Live to Tell**
2.00 AM **Broken Trust**
4.00 **to 6.00** AM **Til Death Do Us Part**

+1hour 254 366

Discovery Turbo

161/172 146 180

7.00 AM **Wheeler Dealers**
8.00 **Motor Pickers**
9.00 **Outback Truckers**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Richard Hammond's Workshop** Richard opens a classic car restoration workshop.
1.00 PM **Bad Chad Customs**
2.00 **Salvage Hunters: Classic Cars**
3.00 **Outback Truckers**
4.00 **Shed and Buried: Classic Cars**
5.00 **Motor Pickers**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Shed and Buried: Classic Cars** Henry Cole and Fuzz Townshend visit Fuzz's friend Alex and his Rover collection.
9.00 **Holden Bros. Restos**
10.00 **Outback Truckers**
11.00 **Wheeler Dealers**
12.00 M'T **Shed and Buried: Classic...**
1.00 AM **Richard Hammond's Workshop** As 12.00noon.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

7.05 AM **One More Shot** Comedy. (2025, 15, 88min) ★★★
8.45 **Reckless** As 6.20pm.
10.30 **Neighborhood Watch** Thriller. (2025, 15, 92min) ★★★★
12.10 PM **Jurassic World: Rebirth**
2.30 **How to Train Your Dragon** Fantasy with Mason Thames. (2025, PG, 125min) ★★★★
4.40 **Plainclothes** Thriller starring Tom Blyth. (2025, 15, 95min)
6.20 **Reckless** Action comedy with Scott Adkins. (2026, 15, 91 min)

6.20 Reckless

8.00 Jurassic World: Rebirth Fantasy adventure starring Scarlett Johansson Mahershala Ali and Jonathan Bailey. A crack team infiltrate a forbidden island to collect the DNA of three key dinosaur species. With Rupert Friend. (2025, 12, 133min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 Bring Her Back Thriller starring Sally Hawkins, Billy Barratt and Sora Wong. A brother and sister uncover a terrifying ritual at the secluded home of their new foster mother. (2025, 18, 104min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **I Know What You Did Last Summer** Horror reboot. (2025, 15, 119min) ★★★
2.10 **M3GAN 2.0** Sci-fi thriller sequel with Allison Williams. (2025, 15, 120min) ★★★
4.15 **to 6.00** AM **One More Shot**

Sky Cinema Book Day

303 303 403 503 517

6.45 AM **Lemony Snicket's A Series of Unfortunate Events**
8.45 **The BFG** As 6.00pm.
10.45 **The Borrowers** Adventure. (1997, U, 86min) ★★★★
12.15 PM **Smurfs** (2025, PG) ★★
1.50 **Stardust** Fantasy comedy. (2007, PG, 127min) ★★★★
4.00 **Charlie and the Chocolate Factory** Tim Burton's fantasy. (2005, PG, 115min) ★★★★
6.00 **The BFG** Fantasy adventure. (2016, PG, 117min) ★★★★

4.00 Charlie and the Chocolate...

8.10 The Witches Fantasy adventure based on Roald Dahl's story about a coven of witches plotting to turn the children of England into mice. Stars Anjelica Huston and Mai Zetterling. (1989, PG, 90min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 Lemony Snicket's A Series of Unfortunate Events Fantasy comedy starring Jim Carrey, Emily Browning and Liam Aiken. Three orphaned siblings are sent to live with an evil count, unaware that he is scheming to steal their inheritance. (2004, PG, 103min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Peter Pan** Family adventure. (2003, PG, 113min) ★★★★
1.50 AM **The Cat in the Hat** Fantasy. (2003, PG, 82min) ★★★★
3.25 **Babe** Family comedy drama. (1995, U, 92min) ★★★★★
5.05 **to 6.50** AM **The Witches**

Sky Cinema Drama

310 310 410 510 524

7.30 AM **Jerry Maguire** Comedy drama starring Tom Cruise. (1996, 15, 139min) ★★★★
9.55 **Legends of the Fall** Epic drama. (1994, 15, 133min) ★★★★
12.10 PM **About a Boy** As 8.00pm.
1.55 **Jackie** Biopic. (2016, 15) ★★★★
3.40 **The Post** Fact-based drama. (2017, 12, 113min) ★★★★
5.40 **Molly's Game** Fact-based drama. (2017, 15, 137min) ★★★★

8.00 About a Boy Comedy drama based on the novel by Nick Hornby, starring Hugh Grant, Nicholas Hoult and Toni Collette. (2002, 12, 101 min) ★★★★
9.45 Lost in Translation Bittersweet romantic comedy drama written and directed by Sofia Coppola, starring Bill Murray and Scarlett Johansson. A jaded Hollywood actor and a young woman strike up a tender friendship in a Tokyo hotel. (2003, 15, 102min) ★★★★★

11.30 **The Brutalist** Epic drama starring Adrien Brody. (2024, 18, 215min) ★★★★★
2.50 AM **American Sniper** Biopic. (2014, 15, 127min) ★★★★
5.05 **Cinema List: Risky Romance**
5.20 **to 7.00** AM **Babylon** British drama. (1980, 15, 94min) ★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.40 AM **Cinema List: Men in Black**
6.55 **The Front Room** As 4.35am.
8.35 **Dark Skies** As 11.45pm.
10.20 **Out of Darkness** Prehistoric horror. (2022, 15, 88min) ★★★
11.55 **Sick** Horror starring Gideon Adlon. (2022, 18, 83min) ★★★
1.30 PM **Xeno** Fantasy adventure. (2025, 15, 103min) ★★★
3.20 **Interstellar** Sci-fi drama. (2014, 12, 166min) ★★★★

6.15 The Lost Boys Vampire tale starring Jason Patric and Corey Haim. (1987, 15, 98min) ★★★★
8.00 Pitch Black Sci-fi chiller starring Vin Diesel and Radha Mitchell. A space transport ship crash-lands on a planet populated by voracious monsters that can only come out at night. With Cole Hauser. (1999, 15, 108min) ★★★★
9.55 Trap Thriller starring Josh Hartnett and Ariel Donoghue. (2024, 15, 105min) ★★★★

11.45 **Dark Skies** Paranormal thriller. (2013, 15, 97min) ★★★
1.30 AM **Blade 2** Action horror sequel starring Wesley Snipes. (2002, 18, 117min) ★★★★
3.35 **Sky Cinema Preview**
4.35 **to 6.20** AM **The Front Room** Horror. (2024, 15, 94min) ★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

7.15 AM **Free Willy** Adventure. (1993, U, 112min) ★★★★
9.15 **Paul Blart: Mall Cop** (2009)
10.55 **The SpongeBob Movie: Sponge Out of Water**
12.30 PM **Scooby-Doo** Comedy. (2002, PG, 86min) ★★★
2.10 **Teenage Mutant Ninja Turtles** Fantasy. (2014, 12, 101min) ★★
4.05 **A Minecraft Movie** Fantasy. (2025, PG, 101min) ★★★
6.00 **Wicked** Fantasy adventure. (2024, PG, 160min) ★★★★

8.40 Monster Trucks

8.40 **Monster Trucks** Family fantasy adventure starring Lucas Till and Jane Levy. A teenager befriends a monster which feeds on oil, which bonds with the monster truck he is building from scrap. (2016, PG, 104min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 **Paul Blart: Mall Cop** Comedy starring Kevin James and Jayma Mays. (2009, PG, 91min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Spy Kids 2: Island of Lost Dreams** Action comedy sequel. (2002, U, 100min) ★★★★
1.50 **The Cat in the Hat** Fantasy. (2003, PG, 82min) ★★★★
3.15 **The SpongeBob Movie: Sponge Out of Water** Animated family comedy. (2015, U, 93min) ★★★
4.50 **to 6.40** AM **Monster Trucks**

Sky Cinema Action

307 307 407 507 521

6.45 AM **The Patriot** Epic drama. (2000, 15, 167min) ★★★
9.30 **The Beekeeper** Action thriller. (2023, 15, 105min) ★★★
11.20 **Bad Boys: Ride or Die** Action comedy. (2024, 15) ★★★
1.30 PM **Venom** Fantasy adventure. (2018, 15, 112min) ★★★
3.30 **The Fall Guy** Action comedy. (2023, 12, 126min) ★★★★
5.40 **Fast & Furious 5** Action thriller sequel starring Vin Diesel. (2011, 12, 130min) ★★★

8.00 ...the Temple of Doom

8.00 **Indiana Jones and the Temple of Doom** Steven Spielberg's action adventure starring Harrison Ford and Kate Capshaw. Indiana Jones escapes a gang boss in Shanghai and encounters an evil cult in India. (1984, PG, 118min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **2 Fast 2 Furious** Action thriller sequel starring Paul Walker and Tyrese. A former cop and his ex-con friend set out to clear their names by going undercover to infiltrate the world of a drugs baron. (2003, 12, 108min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Raiders of the Lost Ark** Steven Spielberg's adventure. (1981, PG, 115min) ★★★★★
1.50 AM **Rampage** Fantasy. (2018, 12, 107min) ★★★
3.40 **Uncharted** (2022, 12) ★★★
5.40 **to 7.15** AM **Love Hurts** Action comedy. (2025, 15, 83min) ★★

Sky Cinema Comedy

308 308 408 508 522

6.10 AM **Tootsie** (1982, 15) ★★★★
8.10 **Semi-Pro** (2008, 15) ★★
9.45 **Forces of Nature** (1999) ★★★
11.35 **This Is Spinal Tap** Spoof. (1983, 15, 83min) ★★★★★
1.00 PM **Daddy's Home 2** Comedy sequel. (2017, 12, 100min) ★★★
2.45 **The Hangover** Dark comedy. (2009, 15, 99min) ★★★★
4.30 **The Hangover Part II** Comedy sequel. (2011, 15, 101min) ★★
6.15 **The Hangover Part III** Comedy sequel. (2013, 15, 100min) ★★

2.45 The Hangover

8.00 **The Holiday** Romantic comedy starring Cameron Diaz and Kate Winslet. Two women living on opposite sides of the Atlantic swap homes for Christmas and embark on new romances. With Jude Law and Jack Black. (2006, 12, 135min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

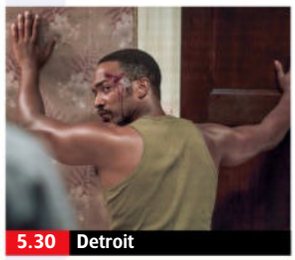
10.25 **American Pie 2** Comedy sequel starring Jason Biggs. Four teenage friends rent a lakeside house for the summer. (2001, 15, 106min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Jackass: The Movie** Comedy. (2002, 18, 87min) ★
1.50 **Jackass 3** Slapstick comedy sequel. (2010, 15, 93min) ★★
3.30 **Jackass Presents: Bad Grandpa** Slapstick comedy. (2013, 15, 92min) ★★★
5.15 **Cinema List: Video Games**
5.45 **to 7.15** AM **Jackass Presents: Bad Grandpa .5** Comedy. (2014, 15, 82min) ★★

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **Parallel** (2024, 15) ★★★★
7.40 **Speak No Evil** Horror thriller. (2024, 15, 110min) ★★★★
9.45 **Mona Lisa and the Blood Moon** (2021, 15) ★★★★
11.45 **Lethal Weapon** Action thriller. (1987, 15, 110min) ★★★★
1.45 PM **Drop** Thriller with Meghann Fahy. (2025, 15, 95min) ★★★★
3.30 **Ocean's Eight** Crime caper. (2018, 12, 110min) ★★★★
5.30 **Detroit** Fact-based drama. (2017, 15, 143min) ★★★★


5.30 Detroit

8.00 **Lethal Weapon 2** Action comedy thriller sequel starring Mel Gibson and Danny Glover as hard-hitting LA cops on the trail of a murderous South African drug trafficker. With Joe Pesci and Joss Ackland. (1989, 15, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Sleepers** Fact-based drama starring Kevin Bacon, Robert De Niro and Brad Pitt. Years after being abused by guards at a reform school, four former teenage friends take their revenge. (1996, 18, 146min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **The Bikeriders** Drama. (2023, 15, 116min) ★★★★
2.30 **Naked Singularity** Crime comedy starring John Boyega. (2021, 15, 93min) ★★★
4.10 **to 6.05** AM **Psycho** Alfred Hitchcock's horror. (1960, b/w, 15, 109min) ★★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Magnificent Obsession** Glossy Hollywood melodrama. (1954, U, 108min) ★★★★
1.15 PM **The Frogmen** Adventure. (1951, b/w, U, 96min) ★★★
3.10 **It Should Happen To You** Comedy. (1953, b/w, U) ★★★
4.55 **Destination Gobi** Adventure. (1953, U, 91min) ★★
6.45 **Cowboys & Aliens** Sci-fi Western starring Daniel Craig. (2011, 12, 119min) ★★★

9.00 Orphan: First Kill

Cowboys & Aliens (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **PREMIERE Orphan: First Kill** Horror thriller prequel starring Isabelle Fuhrman and Julia Stiles. Diminutive psychopath Esther cons her way into a family to wreak murderous mayhem. (2022, 15, 98min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.55 **Alita: Battle Angel** Sci-fi adventure starring Rosa Salazar, Christoph Waltz and Jennifer Connelly. (2019, 12, 117min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.15 **to 3.35** AM **Mean Streets** Director Martin Scorsese's gritty urban drama starring Harvey Keitel and Robert De Niro. (1973, 15, 110min) ★★★★★

+1hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema Horror Hits

302 302 402 502 516

6.55 AM **Ma** Horror. (2019, 15) ★★★
8.50 **Wolf Man** As shown at 5.00am.
10.35 **Critters** As shown at 3.25am.
12.15 PM **Until Dawn** Horror with Ella Rubin. (2025, 15, 99min) ★★★
2.05 **Nosferatu** Horror thriller. (2024, 15, 132min) ★★★★
4.20 **The Nun** Horror starring Taissa Farmiga. (2018, 15, 96min) ★★★
6.10 **Annabelle** Horror with Annabelle Wallis. (2014, 15, 97min) ★★

8.00 **Annabelle: Creation** Horror starring Anthony LaPaglia and Samara Lee. A nun and several girls from an orphanage become the target of a dollmaker's possessed creation. (2017, 15, 109min) ★★★
9.55 **I Know What You Did Last Summer** Horror reboot starring Madelyn Cline, Chase Sui Wonders and Jonah Hauer-King. (2025, 15, 119min) ★★★
11.55 **MaXXXine** Thriller starring Mia Goth. (2024, 18, 110min) ★★★

1.45 AM **From Dusk Till Dawn 3: The Hangman's Daughter** Western chiller sequel. (2000, 18, 94min) ★★
3.25 **Critters** Sci-fi horror comedy. (1986, 15, 86min) ★★
5.00 **to 6.50** AM **Wolf Man** Horror. (2024, 15, 103min) ★★★

Sky Cinema Greats

304 304 404 504 518

6.40 AM **Dirty Harry** Police thriller. (1971, 15, 103min) ★★★★★
8.25 **The Firm** As shown at 1.45am.
11.00 **Dog Day Afternoon** (1975)
1.05 PM **Mad Max** Cult action thriller. (1979, 15, 93min) ★★★★★
2.40 **Mad Max 2** Futuristic thriller sequel. (1981, 18, 95min) ★★★★
4.20 **Mad Max Beyond Thunderdome** Futuristic thriller sequel. (1985, 15, 107min) ★★★

6.10 **Ghostbusters** Supernatural comedy starring Bill Murray. (1984, 12, 105min) ★★★★
8.00 **Ghostbusters II** Supernatural action comedy sequel starring Bill Murray, Dan Aykroyd and Sigourney Weaver. The Ghostbusters battle another batch of spooks in the Big Apple. (1989, PG, 99min) ★★★
9.50 **Blade Runner** Ridley Scott's futuristic thriller starring Harrison Ford and Rutger Hauer. (1982, 15, 130min) ★★★★★

11.50 **Falling Down** Controversial drama starring Michael Douglas. (1993, 18, 115min) ★★★★
1.45 AM **The Firm** Legal thriller. (1993, 15, 155min) ★★★
4.20 **to 6.25** AM **Dog Day Afternoon** Sidney Lumet's classic thriller. (1975, 15, 130min) ★★★★★

Sky Cinema Animation

305 305 405 500 514

7.30 AM **The Wild Robot** Animation. (2024, U, 102min) ★★★★
9.15 **Madagascar: Escape 2 Africa**
10.55 **The Angry Birds Movie** Animation. (2016, U) ★★★
12.40 PM **The Angry Birds Movie 2** Animated comedy sequel. (2019, U, 93min) ★★★
2.25 **Madagascar: Escape 2 Africa** Animated comedy sequel. (2008, PG, 89min) ★★★

4.00 **Corpse Bride** Animated fantasy. (2005, PG, 74min) ★★★★
5.25 **The Emoji Movie** Animated adventure. (2017, U, 83min) ★
7.00 **Monsters vs Aliens** Animated sci-fi monster movie. (2009, PG, 90min) ★★★
8.40 **Penguins of Madagascar** Animated family comedy. (2014, U, 88min) ★★★★
10.20 **The Sloth Lane** Animation. (2024, PG, 90min) ★★★
11.55 **Tom and Jerry Cowboy Up!** Animation. (2021, U) ★★★

1.20 AM **Batman: Return of the Caped Crusaders** Animation. (2016, PG, 78min) ★★★★
2.45 **Deep Sea** Animated adventure. (2023, PG, 112min) ★★★
4.45 **to 6.15** AM **Batman Unlimited: Monster Mayhem** Animation. (2015, PG, 76min) ★★★

Movies 24

312 313 419

7.00 AM **Heart of the Manor** Comedy. (2021, PG, 85min) ★★
9.00 **Fourth Down and Love** Drama. (2023, PG, 90min) ★★
11.00 **The Wedding Cottage** Comedy. (2023, PG, 84min) ★★
1.00 PM **Destination Love** Romantic comedy. (2021, PG, 90min) ★★
3.00 **An American In Austen** Romantic comedy drama. (2024, PG, 84min) ★★

5.00 **Mystery Island: Winner Takes All** Crime drama. (2025, PG, 90min) ★★
7.00 **Love in the Maldives** Romantic drama starring Jocelyn Hudon. (2023, PG, 84min) ★★
9.00 **Writing a Love Song** Romantic drama starring Nina Kiri and Connor McMahon. An aspiring music producer lands her first gig working with a former rising star. (2024, PG, 85min) ★★
11.00 **A Nashville Legacy** Romantic comedy. (2023, PG, 85min) ★★

1.00 AM **A Pinch of Portugal** Drama starring Heather Hemmens. (2023, PG, 84min) ★★
3.00 **to 5.00** AM **Royal-Ish** Romantic drama with Nichole Sakura. (2025, PG, 84min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Adventures of Jim Bowie**
6.35 **Three Crooked Men** Drama. (1959, b/w, U, 71min) ★★★
7.55 **The Gilded Cage** Crime thriller. (1955, b/w, PG, 77min) ★★
9.25 **What's On TPTV with Noel**
9.35 **Four Star Theatre** 19/38. (S3)
10.05 **The Greed of William Hart** Thriller. (1948, b/w, PG) ★★★
11.35 **The Secret Man** Spy thriller. (1958, b/w, U, 68min) ★★★

1.05 PM **Seance on a Wet Afternoon** Thriller. (1964, b/w, PG) ★★★★
3.20 **The Runaway Bus** Comedy. (1954, b/w, U, 78min) ★★★
4.50 **The Calendar** Thriller. (1948, b/w, PG, 80min) ★★
6.25 **Whiplash** 4/34. (S1)
6.55 **The Man from UNCLE** (S1)
8.00 **Gideon's Way** 22/26. (S1)
9.00 **Margery and Gladys** Comedy.
11.00 **Cellar Club with Caroline Munro**
11.10 **Hammer House of Mystery and Suspense** 13/13. (S1)
12.40 AM **Cellar Club with Caroline...**

12.45 **Budgie** 8/13. (S1)
1.45 **Eastbourne: Sun Trap of the South** Travelogue.
2.05 **The Glass Mountain** Romance. (1948, b/w, PG, 98min) ★★★
4.00 **Target: The Corruptors**
5.00 **The David Niven Show**
5.30 **to 6.00** AM **Beverly Hillbillies**

TUESDAY Sport 3 March

Tuesday

Sky Sports Main Event

401 401 501 419 439

6.00 AM **Sky Sports News** Round-up of the morning's news.
7.00 **Sky Sports Breakfast** A round-up of the latest headlines and reports.
10.00 **Sky Sports FC** Interactive show covering the football headlines.
12.00 NOON **Lunchtime Live** A look at all the sports stories making the headlines this lunchtime.
2.00 PM **Sports Desk** Sports news with live analysis and comments.
5.00 **The Premier League Show** A daily guide to the top flight.
7.00 **Gillette Labs Soccer Special** The full story of the evening's football, with the team on hand to provide all the latest updates and goal alerts from the games.
10.30 **Back Pages Tonight** The sports headlines in tomorrow's papers.
11.00 **Sky Sports News** Round-up of the sports news, with live analysis and comment, plus extended interviews with headline-makers.
2.00 AM LIVE **TGL** **The Bay Golf Club v Jupiter Links Golf Club.** Coverage of the team match staged at SoFi Center in Palm Beach, Florida.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
9.00 **Premier League Review**
10.00 **Sky Sports FC**
12.00 NOON **Premier League Years** Classic games, infamous blunders and moments of skill from the 2013/14 season – all set to a specially selected soundtrack.
2.00 PM **PL Retro** Liverpool v Blackburn Rovers from 1994/95.
4.00 **Premier League Review** A look back at the weekend's action.
5.00 **The Premier League Show** A daily guide to the top flight.
7.00 **Gillette Labs Soccer Special** The full story of the evening's football, with the team on hand to provide all the latest updates and goal alerts from the games.
10.30 **Netbusters** The latest action from the Premier League.
11.00 **Premier League Years** Classic games, blunders and moments of skill from the 2014/15 season.
1.00 AM **PL Retro** Manchester United v Tottenham Hotspur.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **EFL Cup Retro**
8.00 **SPFL** Archive action.
9.00 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **Best Moments from the Championship Play-Off Final**
11.30 **Best Moments from the League 1 & 2 Play-Off Final**
12.00 NOON **SPFL Highlights**
12.30 PM **SPFL Round-Up**
12.45 **Bundesliga Highlights Show**
1.45 **EFL League One & Two Goals**
2.45 **EFL Highlights** Championship.
3.15 **SPFL Highlights**
4.00 **EFL Highlights**
4.45 **Bundesliga Highlights Show**
5.45 **SPFL Round-Up**
6.00 **EFL League One & Two Goals**
7.00 **Bundesliga** Recent action.
7.30 LIVE **EFL Trophy** **Doncaster Rovers v Stockport County.** The semi-final at Eco-Power Stadium. Kick-off **8.00pm**.
10.30 **EFL Highlights** Championship.
11.30 **EFL Greatest Games**
12.00 M'T **EFL Trophy** A semi-final.
12.30 AM **EFL Cup Retro**
3.15 **EFL Greatest Games**
3.30 **Championship Season Review**
5.00 **Best Goals: EFL Cup 24/25**
5.30 **to 6.00** AM **EFL Trophy**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **Men's T20 World Cup**
12.00 NOON **Best of ICC WT20**
12.15 PM **Best of England v South Africa** Action from 2011.
12.30 **Men's T20 World Cup** Highlights of Sri Lanka v New Zealand.
1.00 England v New Zealand from R.Premadasa Stadium.
2.00 Highlights of England v Nepal at Wankhede Stadium.
3.00 **The Story of the Men's T20 World Cup Final 2024** Action from India v South Africa.
4.00 **Men's T20 World Cup** Highlights of Sri Lanka v England.
5.00 England v Pakistan.
6.00 **Men's T20 World Cup** England v New Zealand from R. Premadasa Stadium, Colombo.
7.00 **The Story of the Men's T20 World Cup Final 2024** A look at the showpiece match between India and South Africa.
8.00 **Men's T20 World Cup** England v Pakistan in the Super Eight match from Pallekele International Cricket Stadium in Kandy.
12.00 M'T **Best of ICC WT20**
12.15 AM **Best of England v South Africa** Action from 2011.
12.30 **to 6.00** AM **T20 World Cup**

Sky Sports Golf

406 406 506 423 443

6.00 AM **Tee Time Tips 2022**
7.00 **Best of the Open Zone 2016**
8.00 **Playing Lessons**
9.00 **Mark Roe's Short Game School**
9.30 **PGA Tour Golf** Cognizant Classic.
10.30 **Legends Tour Golf**
11.30 **DP World Tour Golf**
12.00 NOON **TGL** Highlights.
2.00 PM **PGA Tour Golf**
3.00 **Golf Academy** Advice.
4.00 **School of Golf**
5.00 **Chronicles of a Golfer**
6.00 **Ladies European Tour Golf**
7.00 **PGA Tour Golf** Cognizant Classic.
8.00 **TGL** Jupiter Links v Boston Common from SoFi Center.
10.00 **TGL** Los Angeles v New York.
12.00 M'T **Ladies European Tour Golf**
1.00 AM **HotelPlanner Tour Golf**
1.30 **Beyond the Scorecard**
2.00 LIVE **TGL** **The Bay Golf Club v Jupiter Links Golf Club.** Coverage of the team match staged at SoFi Center in Palm Beach, Florida.
4.00 **Golf Academy** Advice.
5.00 **to 6.00** AM **School of Golf**

TNT Sports 1

410 413 521 408 430

6.00 AM **PREM Rugby Cup**
7.00 **Premier League Review**
8.00 **Serie A** Highlights from Italy.
10.00 **Premier League Netbusters**
10.30 **UEFA Champions League Magazine** The latest news.
11.00 **Women's Cycling**
12.00 NOON LIVE **Women's Cycling Pro Series** Coverage of the Grand Prix Samyn in Belgium.
1.15 PM LIVE **Men's Cycling Pro Series** The Samyn Classic, the single-day road race in Belgium.
4.30 **The Cycle** Magazine.
5.45 **UEFA Champions League: Stories of the Finals**
6.00 **Ally's Social Club**
7.00 LIVE **Premier League** **Wolverhampton Wanderers v Liverpool.** Coverage of the top-flight match at Molineux, as the hosts search for three points in their unlikely quest to stay in the Premier League. Kick-off **8.15pm**.
11.00 **Premier League Stories**
11.30 **Fight Week** UFC 326 preview.
12.00 M'T **UFC Main Event**
1.00 AM **Premier League**
4.00 **Premier League Stories**
4.30 **Premier League: Big Interview**
5.00 **to 6.00** AM **PREM Rugby Cup**

TNT Sports 2

411 414 522 409 431

6.00 AM **Premier League Netbusters**
6.30 **Supercars Championship Highlights** Sydney 500.
8.30 **A-League Highlights**
9.00 **AFL** Action from Geelong Cats v Brisbane Lions in the Grand Final.
10.30 **AFL** Western Australia v Victoria.
12.00 NOON **Kenny Allstar's Number 1's** Highlights.
12.30 PM **The Breakdown**
12.45 **Ella Toone's Away Days**
1.15 **Premier League Review**
2.15 **Premier League: Big Interview**
2.45 **Premier League Netbusters**
3.15 **SailGP Championship**
4.15 **Welsh Open Snooker**
6.15 **Sign Up: Into Football**
7.00 LIVE **Premier League** **Leeds United v Sunderland.** Coverage of the top-flight match from Elland Road. The hosts have a good recent record against Sunderland and are unbeaten in the last three meetings against the Black Cats. Kick-off **7.30pm**.
10.00 **Beacon of Hope: The Grenfell Athletic Story** Documentary.
11.00 **Serie A** Highlights from Italy.
1.00 AM **Premier League**
4.00 **to 6.00** AM **Supercars Championship Highlights**

Sky Sports Action

412 410 510 426 446

6.00 AM **Super League** Wigan Warriors v Leigh Leopards.
9.00 A replay of Warrington Wolves v Hull Kingston Rovers.
12.00 NOON **NFL Highlights** Denver Broncos v Buffalo Bills.
1.00 PM **Good Morning Football**
3.00 **NFL Highlights** New England Patriots v Houston Texans.
4.00 **Super League Highlights**
4.15 **Women's Super League**
4.30 **Super League Highlights**
5.00 **NFL Highlights** Action from Buffalo Bills v Kansas City Chiefs.
6.00 **NBC's Pro-Football Talk**
8.00 **NBA Basketball** Milwaukee Bucks v Boston Celtics.
10.00 **NBA on Fire** The latest news.
10.30 **Hull KR Renaissance**
12.00 M'T LIVE **NBA Basketball** **Philadelphia 76ers v San Antonio Spurs.** Coverage of the inter-conference match at Xfinity Mobile Arena. Tip-off **1.00am**.
3.30 AM **NFL Bitesize Highlights**
4.00 **to 6.30** AM LIVE **NBA Basketball** **Sacramento Kings v Phoenix Suns.** Coverage of the Western Conference encounter from Golden 1 Center. Tip-off **4.00am**.

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **Sky Sports News**
12.00 NOON **Lunchtime Live**
2.00 PM **Sports Desk**
5.00 **The Premier League Show**
7.00 **Gillette Labs Soccer Special**
7.35 LIVE **EFL** **Exeter City v Burton Albion.** Coverage of the League One match from St James Park. The hosts have won three of their last four meetings with against their visitors, and have only conceded once in that run as well. The last time the two sides met at this ground the game ended in a drab 0-0 draw. Kick-off **7.45pm**.
9.45 **Gillette Labs Soccer Special**
10.30 **Back Pages Tonight**
11.00 **Sky Sports News**
12.00 M'T LIVE **NBA Basketball** **Philadelphia 76ers v San Antonio Spurs.** Coverage of the inter-conference match at Xfinity Mobile Arena. Tip-off **1.00am**.
3.30 AM **EFL Greatest Games**
4.00 **to 6.30** AM LIVE **NBA Basketball** **Sacramento Kings v Phoenix Suns.** Coverage of the Western Conference encounter from Golden 1 Center. Tip-off **4.00am**.

Sky Sports Tennis

408 408 508 425 445

6.00 AM **ATP Tennis** Highlights.
8.00 **WTA Tennis** Austin Open final.
9.00 **ATP Tennis** Santiago Open final.
10.00 **WTA Tennis** Mérida Open final.
11.00 **WTA & ATP Tennis** Highlights from the Indian Wells Open.
9.00 PM **WTA & ATP Tennis** A review of the Indian Wells Open.
10.30 **ATP Tennis** Highlights of the Dubai Tennis Championships final.
11.30 **ATP Tennis** Acapulco Open final.
12.30 AM **WTA & ATP Tennis**
3.30 LIVE **Tennis** Coverage of the Eisenhower Cup, the Tie Break 10s mixed-doubles event, which takes place during one night at Indian Wells Tennis Garden.
5.30 **to 6.00** AM **WTA Tennis**

Sky Sports Mix

416 412 511 429 449

6.00 AM **EFL Greatest Games**
7.00 **PGA Tour Golf** Cognizant Classic.
8.00 **ATP Tennis** Santiago Open final.
9.00 **WTA Tennis** Mérida Open final.
10.00 **TGL** The Bay v Atlanta Drive.
12.00 NOON **TGL** Jupiter Links v New York at SoFi Center in Florida.
2.00 PM **PL Greatest Games**
3.00 **Men's T20 World Cup** Action from England v Nepal in Mumbai.
4.00 **WTA Tennis** Mérida Open final.
5.00 **WTA Tennis** Austin Open final.
6.00 **PGA Tour Golf** Highlights of day four of the Cognizant Classic from PGA National Resort and Spa in Palm Beach Gardens, Florida.
7.00 **Premier League Darts** The fourth night at SSE Arena Belfast.
11.00 **Men's T20 World Cup** Highlights of Zimbabwe v Oman.
12.00 M'T **The Insiders** NFL news.
1.00 AM **TGL** Boston Common v LA.
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **T20 World Cup**

TNT Sports 3

413 415 523 410 432

6.00 AM **Women's T20 International Cricket**
9.00 **Women's One-Day International Cricket**
12.00 NOON **MotoGP** From Thailand.
4.30 PM **UEFA Champions League Magazine** News and action.
5.00 **Serie A** Highlights from Italy.
7.00 LIVE **Premier League** **Everton v Burnley.** Coverage of the top-flight match staged at Hill Dickinson Stadium. The hosts have a good recent record against Burnley and are currently unbeaten in four matches against the visitors. Kick-off **7.30pm**.
10.00 **MotoGP Rewind**
10.15 **The Gruppetto** Cycling news.
10.30 **Women's Cycling Pro Series**
11.30 **Men's Cycling Pro Series**
12.30 AM **The Football Archives: UEFA Champions League**
1.00 **Welsh Open Snooker**
3.00 **to 6.00** AM **Women's T20 International Cricket**

TNT Sports 4

414 416 524 411 434

6.00 AM **The Emirates FA Cup** Luton Town v Forest Green Rovers.
7.00 Brackley v Notts County.
8.00 Sutton v Shrewsbury Town.
9.00 Chesterfield v Doncaster.
10.00 Slough v Macclesfield.
11.00 Boreham Wood v Newport.
12.00 NOON Highlights of Macclesfield v Crystal Palace.
1.00 PM **A-League** Highlights.
7.00 LIVE **Premier League** **Bournemouth v Brentford.** Coverage of the top-flight match at the Vitality Stadium. The visitors have a very impressive recent record against their hosts and are currently nine games unbeaten against them. Kick-off **7.30pm**.
10.00 **Fight Week** A preview of the stacked card for UFC 326.
10.30 **UFC Greatest Fights**
11.00 **A-League Highlights**
11.30 **Marathons** Action from Tokyo.
12.30 AM **MotoGP** From Thailand.
5.00 **to 6.00** AM **Race Bikes**

Premier Sports 1

419 551

6.00 AM **Sporting Greats**
7.00 **LaLiga** Real Madrid v Getafe.
9.00 **NASCAR Highlights**
10.00 **Eredivisie Highlights**
11.00 **Scottish Football Social Club**
12.00 NOON **LaLiga Match Highlights**
1.30 PM **Top 14 Rugby Union**
2.00 **NHL on the Fly**
3.00 **Sporting Greats**
3.30 **LaLiga** Girona v Celta Vigo.
5.30 **URC in 60** Highlights.
6.30 **Eredivisie Highlights**
7.30 **LaLiga Match Highlights**
7.55 LIVE **Copa Del Rey** **Barcelona v Atletico Madrid.** The semi-final second-leg at Camp Nou. Kick-off **8.00pm**.
10.45 **Football** Highlights and features.
12.30 AM **NHL Ice Hockey**
2.30 LIVE **NHL Ice Hockey** **Minnesota Wild v Tampa Bay Lightning.** Coverage of the inter-conference match at Grand Casino Arena. Face-off **2.30am**.
5.30 **to 6.00** AM **NHL: This is Hockey**

Premier Sports 2

420 552

6.00 AM **Temples of Sport**
6.30 **NASCAR Trucks**
9.30 **Bike World** Magazine.
10.00 **Motorsport** Valentino Rossi.
10.30 **Top 14 Rugby Union**
12.30 PM **Temples of Sport**
1.00 **NHL Ice Hockey**
3.00 **Football** Highlights and features.
5.30 **Top 14 Rugby Union**
7.25 **Coppa Italia Show**
7.55 LIVE **Coppa Italia** **FC Como v Inter Milan.** Coverage of the semi-final first-leg from Stadio Guiseppe Sinigaglia. Kick-off **8.00pm**.
10.00 **Football's Greatest**
11.00 **NHL Tonight** Top 10 goalies.
12.00 M'T LIVE **NHL Ice Hockey** **Boston Bruins v Pittsburgh Penguins.** Coverage of the Eastern Conference match from TD Garden. Face-off **12.00m't**.
3.00 AM **Temples of Sport**
3.30 **NHL Ice Hockey**
5.00 **to 6.00** AM **Football's Greatest**

Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 1** Australian GP.
10.00 **Indycar** Action from Florida.
11.00 **Indy NXT** Highlights.
12.15 PM **Lando Norris IV**
12.30 **Formula 1** Highlights.
4.00 **2025 F1 Season Review**
6.00 **The F1 Show: Lights Out**
7.00 **Formula 1** Action from the 2019 Australian Grand Prix.
8.00 Action from the 2022 Australian Grand Prix staged at Albert Park Circuit in Melbourne.
9.00 The 2023 Australian Grand Prix from Albert Park Circuit.
10.00 **Formula 1** Highlights.
12.00 M'T **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Wednesday 4 March

Evening Planner

Wednesday

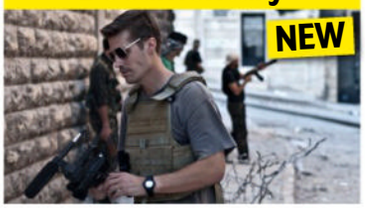
Football

Premier League

TNT Sports

A busy night of action includes Aston Villa v Chelsea, while West Ham's fight for survival continues with a trip to Fulham.

Documentary



Hostage

BBC2, 9pm (box set, BBC iPlayer)

Documentary about the kidnapping in Syria of two journalists, John Cantlie and American James Foley (pictured above).

OnDemand

prime

Young Sherlock

Available today

Adventure series following Sherlock Holmes (Hero Fiennes Tiffin) during his Oxford university days.

OnDemand

YouTube

Winter Olympics

C4 Sport Channel

Two days before the official opening of the Games, the wheelchair curling mixed doubles round-robins start.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 The Repair Shop		9.00 MasterChef: The Professionals		10.00 News; Local News	10.40 Match... †
	102 BBC2	7.00 Great British Menu		8.00 Britain's Biggest Warship		9.00 Hostage		10.00 We Might...	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Celebrity Lingo	8.00 Emmerdale	8.30 Coronation...	9.00 The Stolen Girl		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Kirstie and Phil's Love It or List It		9.00 24 Hours in Police Custody: The Butcher of Suburbia			
	105 5	7.00 Celebrity Puzzling		8.00 Alice Roberts: Our Hospital Through...		9.00 The Surgeon		10.00 The X-Files	
	106 SKY ONE	7.00 The Simpsons		8.00 A League of Their Own		9.00 Film: Ted			
ENTERTAINMENT	115 BBC3	7.05 Deadly 60		8.00 Dragons' Den		9.00 The Apprentice		10.00 Apprentice...	10.30 Tell Me Lies
	116 BBC4	7.00 Canals...	7.30 Weatherman...	8.00 The Secret Genius of Plants		9.00 Tribe		10.10 Boys from the Blackstuff	
	118 ITV2	7.00 Wheel of Fortune		8.00 Ant & Dec's Limitless Win		9.00 The Heat		10.00 Family Guy	
	136 MORE4	‹ 6.50 The Dog House Australia		7.55 Grand Designs				10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 MAFS UK Does...	8.00 Celebrity Bake Off		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Police 24/7		8.00 Law & Order: Criminal Intent		9.00 Blue Bloods			
	108 SKY ATLANTIC	‹ 6.55 Game of Thrones				9.00 Under Salt Marsh		10.00 Mare of Easttown	
	110 U&GOLD	7.00 Porridge	7.40 Dad's Army	8.20 Are You Being Served?		9.00 The Royle Family		10.15 Men Behaving Badly	
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Grace				10.00 Endeavour	
	120 ITV4	‹ 6.10 Minder	7.20 River Monsters	7.55 Football: Copa del Rey – Live: Real Sociedad v Athletic Bilbao (Kick-off 8.00)				10.00 Film: Live and Let Die	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Michael McIntyre's Big Show		10.00 8 Out of 10 Cats Uncut	
	145 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Westworld		10.05 The Leftovers	
	143 U&DRAMA	‹ 6.40 Last of the Summer Wine		8.00 The Marlow Murder Club				10.00 New Tricks	
	109 U&ALIBI	7.00 Father Brown		8.00 Death in Paradise		9.00 NCIS: Sydney		10.00 Miss Scarlet	
	122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Landscape Artist of the Year				10.00 Cleo Laine: The Unseen Home Movies	
	132 U&W	7.00 The Supervet at Christmas 2018		8.00 999 Rescue Squad		9.00 NCIS: New Orleans		10.00 Elementary	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers						10.00 Kindig Customs	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Rugged Justice		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Tut's Toxic Tomb				10.00 Gladiators: Warriors of the Ancient...	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Strange Evidence		9.00 The Curse of Oak Island		10.00 Mysteries Unearthed with Danny Trejo	
	155 U&YESTERDAY	7.00 Cornwall with Simon Reeve		8.00 Bangers & Cash: Restoring Classics		9.00 Classic Car Kings		10.00 Bangers & Cash	
	114 SKY DOCS	7.00 History of the Sitcom		8.00 Salt Path: A Very British Scandal			9.30 Murder on Middle Beach		
FILMS – Sky Cinema	301 PREMIERE	‹ 5.50 How to Train Your Dragon		8.00 Jurassic World: Rebirth				10.15 Bring Her Back	
	302 HORROR HITS	‹ 6.15 A Quiet Place		8.00 A Quiet Place: Day One			9.45 28 Years Later		
	303 BOOK DAY	‹ 6.00 Peter Rabbit	7.40 Stuart Little			9.20 The Golden Compass			
	304 GREATS	‹ 6.00 Back to the Future		8.00 Back to the Future Part II			9.50 Back to the Future Part III		
	305 ANIMATION	‹ 5.45 The Garfield...	7.30 Transformers One				9.30 Shark Tale		
	306 FAMILY	‹ 6.00 Lemony Snicket's A Series of...		7.55 Scooby-Doo 2: Monsters Unleashed			9.35 Harold and the Purple Crayon		
	307 ACTION	‹ 5.50 Fast & Furious 6		8.00 Indiana Jones and the Last Crusade				10.10 Indiana Jones and the...	
	308 COMEDY	‹ 6.05 Ted		8.00 The Wedding Singer			9.45 American Pie: The Wedding		
	309 THRILLER	‹ 6.15 Black Bag		8.00 Lethal Weapon 3				10.00 Speak No Evil	
	310 DRAMA	‹ 6.20 The Cut		8.00 Empire of the Sun					
	311 SCI-FI	‹ 6.10 Trap		8.00 Battleship				10.15 Children of Men	
	313 FILM4	‹ 6.55 The Day the Earth Stood Still				9.00 The Creator			
SPORT	401 MAIN EVENT	7.00 SPFL – Live: Aberdeen v Celtic (Kick-off 8.00)							10.30 Tennis – Live
	402 PREMIER LEAGUE	7.00 Gillette Labs Soccer Special							10.30 PL Stories
	403 FOOTBALL	7.00 SPFL – Live: Aberdeen v Celtic (Kick-off 8.00)							10.30 1983: When...
	405 CRICKET	7.00 ICC Men's T20...	7.30 ICC Men's T20 World Cup			9.00 WC'26 – Review	9.30 ICC Men's T20 World Cup		10.30 ICC Men's T20...
	410 TNT SPORTS 1	7.00 Premier League – Live: Newcastle United v Manchester United (Kick-off 8.15)							
	411 TNT SPORTS 2	7.00 Premier League – Live: Brighton & Hove Albion v Arsenal (Kick-off 7.30)						10.00 Women's One-Day International...	

‹ Denotes programmes starting before 7.00pm † Regions vary

WEDNESDAY

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Wednesday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Crimewatch Live** New edition (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Bear Grylls: Wild Reckoning** New edition Two feuding sisters need Bear's help. (S)(AD)
2.30 **Marcus Wareing Simply Provence** Marcus attends a farm party. (S)(R)
3.00 **Escape to the Country** (S)(R)(AD)
3.45 **Clean It, Fix It** (S)(R)
4.30 **Celebrity Antiques Road Trip** New edition With Jennifer Saunders, Darren Harriott and Phill Jupitus. (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

2.00 Bear Grylls: Wild Reckoning

7 PM

7.00 **The One Show** Clara Amfo and Alex Jones present the topical show. (S)
7.30 **EastEnders** Mark walks into a risky situation, Kim gets a surprise at The Albert, and there is conflict between Nigel's loved ones. (S)

8 PM

8.00 **The Repair Shop** New edition The experts restore a teddy bear with links to 1950s rock 'n' roll star Eddie Cochran, a cherished garden bench given to the owner by her late husband and a wartime camera. (S)(AD)

9 PM

9.00 **MasterChef: The Professionals** New edition 11/21. The chefs serve two dishes set by 2018 finalist Matthew Ryle – raviolo stuffed with pea and ricotta, and poached pear mille-feuille with a hazelnut praline cream. (S)(AD)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Match of the Day** Highlights of the midweek Premier League matches, including Brighton & Hove Albion v Arsenal, Newcastle United v Manchester United and Manchester City v Nottingham Forest. (S)
12.10 AM **FILM Kiss the Girls** Crime thriller starring Morgan Freeman and Ashley Judd. A forensic psychologist strives to catch a serial kidnapper with the help of a strong-willed doctor who escaped his clutches. With Cary Elwes. (S)(AD) (1997, 18, 110min) ★★★
2.00 **Weather for the Week Ahead** Seven-day forecast. (S)
2.05 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.00 AM **Bear Grylls: Wild Reckoning**
6.30 **Celebrity Antiques Road Trip** (R)
7.15 **Escape to the Country** (S)(R)(AD)
8.00 **Sign Zone: Big Cats 24/7** (S)(R)
9.00 **BBC News** (S)
11.15 **Politics Live** (S)
1.00 PM **Impossible** Game show. (S)(R)
1.45 **Unbeatable** Quiz show. (S)(R)
2.15 **The Boss** Game show. (S)(R)
3.00 **The Vintage French Farmhouse** From Villeneuve-les-Avignon. (S)(R)
3.45 **Villages by the Sea** (S)(R)
4.15 **Oceans** Arctic Ocean. (S)(R)(AD)
5.15 **Flog It!** Paul Martin hosts from Bexhill-on-Sea, East Sussex. (S)(R)
6.00 **Richard Osman's House of Games** New edition Josh Jones, Sarah Keyworth, Melvin Odoom and Kimberly Wyatt take part. (S)
6.30 **Do You Know Your Place?** New edition From Falkirk. (S)

7.00 Great British Menu

7.00 **Great British Menu** New edition The Scottish chefs serve up their mains and desserts inspired by the British film industry, including venison loin smoked in gunpowder tea inspired by *Skyfall*. (S)(AD)
■ Continues tomorrow

8.00 **Britain's Biggest Warship** 1/3. Documentary following life on board aircraft carrier HMS *Queen Elizabeth*, as she is taken to sea for the first time for trials that push ship and crew to breaking point. (S)(R)(AD)

9.00 **NEW SERIES Hostage** 1/3. Documentary about the fate of photojournalists John Cantlie and James Foley, who were kidnapped in Syria in 2012 while chasing a scoop about foreign fighters. (S)(AD)
■ Entire series on BBC iPlayer

10.00 **We Might Regret This** New episode 2/4. Freya and Jo navigate grief, missteps and misunderstandings. (S2) (S)(AD)
■ Entire series on BBC iPlayer
10.30 **Newsnight** (S)
11.00 **Unspun World with John Simpson** Reflecting on the week's major global news stories. (S)
11.30 **Escaping Utopia** 1-3/3. Examining the dark secrets at the heart of the New Zealand Christian community Gloriavale, investigating allegations that its 650 followers are forced into an oppressive existence. (S)(R)(AD)
2.25 AM **Sign Zone: The Walsh Sisters**
3.15 **Sign Zone: Great British Menu** (R)
4.15 **to 6.00** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** Current affairs and lifestyle features. (S)
9.30 **Lorraine** Entertainment, current affairs and fashion news. (S)
10.00 **This Morning** Celebrity chat, advice and lifestyle features. (S)
12.30 PM **Loose Women** Celebrity interviews and studio discussion from a female perspective. (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Lingo** Word-based quiz show hosted by Adil Ray. (S)(R)
3.00 **Riddiculous** New edition Quiz show hosted by Ranvir Singh. (S)
4.00 **Tipping Point** New edition Game show hosted by Ben Shephard. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.00 Emmerdale

7.30 **Celebrity Lingo** New edition Adil Ray hosts as *Coronation Street* stars Lucy Fallon, Julia Goulding, Jack P Shepherd and former Weatherfield regular Colson Smith try to win big money for their chosen charities. (S)

8.00 **Emmerdale** Sarah accuses Cain of being a coward, while Gabby has her suspicions raised. (S)(AD)
8.30 **Coronation Street** David and Shona face a fraught wait as Harper undergoes surgery. (S)(AD)

9.00 **The Stolen Girl** New episode 2/5. Elisa and Fred are in limbo as the police speculate that an organised criminal gang might be involved, and Fred's behaviour becomes suspicious. (S1) (S)(AD)
■ Entire series on ITVX

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Peston** Political magazine hosted by Robert Peston, featuring interviews with MPs, topical guests and cultural figures. (S)
11.40 **Heathrow: Britain's Busiest Airport** As the pandemic grips the nation, cameras follow life at Heathrow, as staff fight to keep the airport going. (S)(R)(AD)
12.05 AM **Teleshopping**
3.00 **Tonight: Rising Scams – What You Need To Know** (S)(SL)(R)
3.25 **Ainsley's Taste of the Bahamas** (R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Gary Barlow's Wine Tour: South Africa** (S)(SL)(R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 7-9/26. (S10) (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 20-23/24. (S4) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** Best friends Janey and Sharon embark on a French adventure. (S)(R)
5.00 **Four in a Bed** New edition The week's third visit is to Holly Lodge Boutique B&B in Norfolk. (S)
5.30 **Come Dine with Me** New edition Daffyd hosts a nutritious dinner on the third night in south Wales. (S)
6.00 **A Place in the Sun** A couple look for their dream holiday home on the Greek island of Crete. (S)(R)

2.10 Countdown

7.00 **News** (S)

8.00 **Kirstie and Phil's Love It or List It** The hosts are in Mapperley to help a stroke victim and his partner decide whether they should renovate their two-storey home, or sell and get a more practical one-storey property. (S)(R)(AD)

9.00 **24 Hours in Police Custody: The Butcher of Suburbia** 1/2. Documentary about the investigation into the murder of a 74-year-old woman, and the macabre lengths the killer went to in attempting to conceal the crime. (S)(R)(AD)

10.00 **24 Hours in Police Custody: The Butcher of Suburbia** 2/2. Detectives from the Major Crime Unit at Bedfordshire Police have a suspect in custody who admits to the killing – but the confession is only the beginning. (S)(R)(AD)
11.05 **24 Hours in A&E** (S)(R)(AD)
12.05 AM **Super Surgeons: A Chance at Life** (S)(SL)(R)(AD)
1.05 **The Dunblane Tapes** (S)(R)(AD)
2.25 **Ramsay's Kitchen Nightmares USA** From Brooklyn. (S)(R)
3.15 **Travel Man: 48 Hours in Rovaniemi** (S)(SL)(R)(AD)
3.40 **Our Welsh Chapel Dream** (S)(R)
4.35 **Kirstie's House of Craft** (S)(R)
4.50 **Location, Location, Location** (R)
5.45 **to 6.25** AM **Countdown** (S)(R)

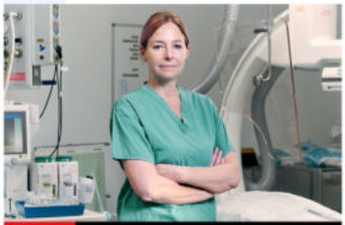
+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

6.00 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **The Good Ship Murder** 3/7. In Madeira, Jack and Kate are drawn into the murder of a vineyard owner. (S2) (S)(R)(AD)
4.00 **Bargain-Loving Brits in the Sun** New edition Chef Mark juggles his Meals on Wheels deliveries with running his bar. (S)
5.00 **News** (S)
6.00 **Love Nature** New edition The hand-harvesting of sea salt. (S)
6.05 **The Motorway** A patroller discovers that a bouncing wheel has caused a crash. (S)(R)
6.55 **News** (S)



8.00 **Our Hospital Through Time**

7.00 **Celebrity Puzzling** New edition Jeremy Vine hosts as captains Sally Lindsay and Carol Vorderman are joined by wine expert Olly Smith and 'H' from Steps. (S)
7.55 **News** (S)

8.00 **Alice Roberts: Our Hospital Through Time** New edition 3/6. Alice investigates how Barts came close to collapse in the 1500s, and cameras follow a patient getting a stem cell transplant from her son. (S)

9.00 **The Surgeon** New edition 3/4. Following consultant brain surgeon Omar Pathmanaban at Salford Royal Hospital in Greater Manchester as he operates on two patients who have brain tumours. (S)

10.00 **The X-Files** *Pusher:* 17/24. The agents pursue a murderer who has the power to control people's minds. The killer comes to regard Mulder as the ideal opponent, drawing him into a deadly game. (S3) (S)(R)

11.00 **Ambulance: Code Red** (S)(R)
12.00 M'T **Trauma Room One** (S)(R)
1.00 AM **Teleshopping** (S)(R)
2.30 **Friends** (S3) (S)(R)(AD)
2.55 **Adrian Dunbar's Scenic Ireland** Slieve League (S)(R)
3.45 **Save Money on Your Supermarket Shop** (S)(R)
4.35 **Paul Martin's Antiques Showdown** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **Mornings**
8.00 **Stargate SG-1** (S)(R)
9.00 **NCIS: Los Angeles** (S)(R)
10.00 **Will & Grace** (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **Secret World of Sound with David Attenborough** (S)(R)
1.00 PM **Hawaii Five-0** (S1) (S)(R)
2.00 **NCIS: Los Angeles** (S13) (S)(R)
3.00 **S.W.A.T.** 7/22. (S1) (S)(R)(AD)
4.00 **Police 24/7** 7/10. (S1) (S)(R)
5.00 **The Simpsons** *Homer the Father:* Bart hankers after a must-have mini-bike. (S)(R)
5.30 *The Fool Monty:* Mr Burns suffers from amnesia. (S)(R)
6.00 **The Office (US)** 9/19. The Scranton branch is asked to take part in an advert. (S)(R)
6.30 10/19. Karen tries to lure Stanley to Utica. (S4) (S)(R)

8.00 **A League of Their Own**

7.00 **The Simpsons** *The Blue and the Grey:* Marge decides to allow her hair to turn grey. (S)(R)
7.30 *The Scorpion's Tale:* Lisa discovers the calming properties of a patch of wild flowers on the town. (S)(R)

8.00 **A League of Their Own** Romesh Ranganathan hosts the sports-based comedy quiz, with Wayne Rooney, Maya Jama and Alex Brooker joining regular panellists Jill Scott, Jamie Redknapp and Micah Richards. (S)(R)(AD)

9.00 **FILM** **Ted** Offbeat buddy comedy starring Mark Wahlberg and Mila Kunis. A 35-year-old Boston slacker's best friend is the stuffed teddy bear who magically came to life when he was an eight-year-old boy. Featuring the voice of Seth MacFarlane. (S) (2012, 15, 106min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.00 **Grimm** 7/22. Dustin and Lauren are captured by a drug dealer in the forest, who is subsequently murdered in a mysterious fashion. (S1) (S)(R)
12.00 M'T **Police 24/7** (S)(R)
1.00 AM **The Force: Manchester** Documentary series. (S)(R)
2.00 **Road Wars** (S)(R)
3.00 **Hawaii Five-0** 7/24. (S1) (S)(R)
4.00 **S.W.A.T.** 7/22. (S1) (S)(R)(AD)
5.00 **Highway Patrol** (S)(R)
5.30 **to 6.00** AM **Highway Patrol** (R)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
2.30-3.00pm Politics Scotland (S) **10.40** Sportscene: Premiership Highlights (S) **11.10** Match of the Day (S) **12.40am** Debate Night (S)(R) **1.40** Scotcast (S)(R) **2.10** Weather for the Week Ahead (S) **2.15-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm Nolan Live (S) **11.40** Match of the Day (S) **1.10am** Would I Lie to You? (S)(R) **1.40-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
10.40pm Walescast (S) **11.15** Match of the Day (S) **12.45am** Would I Lie to You? (S)(R) **1.15** Trace, Track, Get My Car Back (S)(R) **1.45-2.00am** Best of Weatherman Walking

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
6.00pm Richard Osman's House of Games New editions (S) **7.00** Do You Know Your Place? New edition (S) **7.30** Great British Menu New edition (S)(AD) **8.30-9.00pm** Grand Tours of Scotland's Rivers (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **11.00** Dysgu Gyda Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Codi Pac **12.30** Heno **1.00** Cartrefi Cymru **1.30** Ciao! Colleen Ag Owain (AD) **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Pêl-Droed Rhyngwladol **4.00** Awr Fawr **5.00** Stwnsh **6.00** Bois y Pizza: Chwe' Gwlad (AD) **6.30** Rownd a Rownd (AD) **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm (AD) **8.25** Y Deis New edition **8.55** Newyddion a'r Tywydd **9.00** NEW SERIES Stori'r Iaith **10.00** Neges Olaf Mike Peters **10.30** Y Byd ar Bedwar **11.00-11.35pm** Welsh Whisperer – Ni'n Teithio Nawr! (AD)

TV&Satellite week
More channels than any other TV magazine

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **Deadly 60** A search for the world's fastest fish. **7.30** Steve Backshall encounters blacktip sharks.
8.00 **Dragons' Den** 5/14. The Dragons hear pitches for a phone call-first dating app and gut-friendly ferments.
9.00 **The Apprentice** 5/12. The remaining candidates face a floristry challenge as Lord Sugar tasks them with selling flowers to the public and creating ambitious floral installations for corporate clients.
10.00 **The Apprentice: Unfinished Business** 5/12. Angela Scanlon chats the latest candidate to leave the process.
10.30 **Tell Me Lies** 6/8. At Evan and Bree's rehearsal dinner, tensions swirl beneath the celebrations. (S2)
11.25 **Tell Me Lies** 7&8/8. (S2)
1.25 AM **Dinosaur** 4&5/6. (S2)
2.50 **to 4.00** AM **RuPaul's Drag Race UK vs the World**

MORE4

136/137 127 147 18 124 15

8.55 AM **The Perfect Pitch**
9.30 **Find It, Fix It, Flog It**
10.25 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed**
4.50 **Car S.O.S** Fuzz Townshend and Tim Shaw attempt to restore a Mazda MX-5 **5.50** Fuzz and Tim try to restore a 1991 Range Rover.
6.50 **The Dog House Australia** The team hope that neo-mastiff cross Goober's drool won't be too much for Scott and Adelaide.
7.55 **Grand Designs** Furniture-maker Lucinda sets out to build a two-storey, highly insulated home entirely out of wood in the woodland near her old family home in South Herefordshire.
9.00 **Grand Designs** A couple set out to build a revolutionary eco home in the Cotswolds, which will not only use very little energy, it will also produce four times the energy it needs.
10.00 **24 Hours in A&E** A father and son arrive with life-threatening injuries caused when they were attacked at a family birthday party by gatecrashers, one of whom was armed with a samurai sword.
11.05 **999: On the Front Line**
1.15 AM **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 347 125

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Canals: The Making of a Nation** Liz McIvor explores the nation's canal system.
7.30 **Weatherman Walking: Dylan's Walks** 2/2. Derek Brockway heads to New Quay and Laugharne
8.00 **The Secret Genius of Plants** 2/2. Exploring how technical developments are revealing more details about the world of plants,
8.55 **Natural World: Raising Sancho** Following the story of a giant otter cub.
9.00 **Tribe** A trek into the jungles of Sarawak, Borneo.
10.00 **Bernard Hill Remembers... Boys from the Blackstuff**
10.10 **Boys from the Blackstuff** 1/5. Alan Bleasdale's drama from 1982. A group of unemployed men take cash-in-hand work. (S1)
11.05 **Boys from the Blackstuff**
1.05 AM **Tribe** As 9.00pm.
2.05 **Canals: The Making of a Nation** As 7.00pm.
2.35 **to 3.05** AM **Weatherman Walking: Dylan's Walks**

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Goldbergs**
10.00 **Modern Family**
11.00 **Ramsay's Kitchen Nightmares USA**
1.00 PM **Brooklyn Nine-Nine**
2.00 **The Simpsons**
3.00 **The Goldbergs**
4.00 **Modern Family**
5.00 **Brooklyn Nine-Nine**
6.00 **The Simpsons**
7.00 **Hollyoaks** Vicky and Prince form a bond, and buried tensions begin to thaw.
7.30 **MAFS UK Does Come Dine with Me** Ella Morgan hosts a 'night of a thousand icons' party.
8.00 **Celebrity Bake Off** James McAvoy, Anne-Marie, David Baddiel and Kelly Holmes enter the tent.
9.00 **Gogglebox** Opinions on *The Great British Bake Off, The Crown, Family Fortunes* and *Mammals.*
10.00 **Gogglebox** Appraisals of *The Crown, I'm a Celebrity... Get Me Out Of Here!* and *You Won't Believe This.*
11.05 **First Dates**
12.10 AM **Naked Attraction**
1.15 **Gogglebox**
3.10 **Brooklyn Nine-Nine**
4.00 **The Goldbergs**
4.50 **to 6.00** AM **Don't Tell the Bride: Revisited**

+1 hr 235/236 306 30 123 256

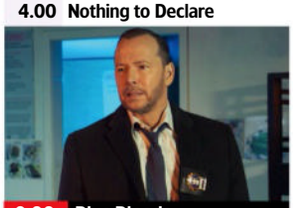
WEDNESDAY Entertainment

Wednesday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Nothing to Declare**
8.00 **Customs UK**
9.00 **Send in the Dogs**
10.00 **Air Ambulance ER**
11.00 **Caught on Dashcam**
12.00 NOON **FBI** 7/13. (S6)
1.00 PM **The Rookie** 1/20. Officer Bradford fights for his life. **2.00** 2/20. Officer Bradford is forced to accept help. (S2)
3.00 **Law & Order: Criminal Intent** 12/23. The owner of an exclusive hotel is killed. (S2)
4.00 **Nothing to Declare**



9.00 Blue Bloods

7 PM
7.00 Police 24/7 Officers pull over a car containing a suspected criminal, and a wild hog catches the attention of the police.

8 PM
8.00 Law & Order: Criminal Intent *Boots on the Ground:* 3/8. A computer programmer is killed. With Michael Kelly. (S10)

9 PM
9.00 Blue Bloods *Hate Is Hate:* 1/20. Danny consults a psychic in order to solve the murder of a young boy.

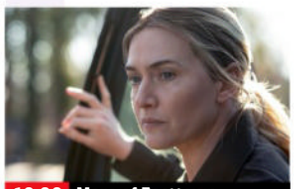
10 PM
10.00 Blue Bloods *Times Like These:* 2/20. Danny and Baez investigate a gang attack that takes an unexpected turn. (S12)
11.00 **FBI** Double bill. (S6)
1.00 AM **Law & Order: Criminal Intent** 15/16. (S9)
2.00 **FBI** New episode 5/22. (S8)
3.00 **Law & Order: Criminal Intent**
4.00 **The Force: Manchester**
5.00 **to 6.00** AM **Stop, Search, Seize**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
7.55 **The Sopranos** (S6)
10.00 **Succession** 7-10/10. (S2)
2.30 PM **Succession** 1/9. Kendall plans his next move. **3.35** 2/9. Greg turns to his grandfather for help. **4.40** 3/9. Tom makes a potentially life altering offer. **5.45** 4/9. Logan and Kendall have their first meeting together with Josh. (S3)
6.55 **Game of Thrones** 6/10. Roose Bolton decides what to do with Jaime. (S3)



10.00 Mare of Easttown

7.55 **Game of Thrones** *The Bear and the Maiden Fair:* 7/10. Tywin counsels the king, Daenerys exchanges gifts with a slave lord, and Melisandre reveals a secret to Gendry. (S3)

9.00 Under Salt Marsh 6/6. Jackie and Bull discover the horrifying truth behind the crimes haunting the town. (S1)

10.00 Mare of Easttown *Sacrament:* 7/7. Mare's family process the fall-out while she attempts to find her own way forward. (S1)
11.15 **The Wire** 3/13. The detail raids D'Angelo's crew at Franklin Terrace. (S1)
12.20 AM **True Blood** 3/12. Sookie visits Bill's house. (S1)
1.25 **Game of Thrones** (S3)
4.35 **In Treatment** (S2)
5.05 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Buying the View**
8.00 **Billie and Greg: Family Diaries**
9.05 **The Only Way Is Essex**
10.05 **Real Housewives of Miami**
11.05 **Real Housewives of Beverly...**
12.00 NOON **Limitless Win**
1.05 PM **Wheel of Fortune**
2.05 **The Only Way Is Essex**
3.10 **Real Housewives of Cheshire**
4.10 **Real Housewives of Miami**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**

6.00 Celebrity Catchphrase

7.00 Wheel of Fortune Graham Norton invites three contestants to spin the wheel and try to win a possible £50,000.

8.00 Ant & Dec's Limitless Win Cousins Adele and Adele take on the money ladder, playing for a truly life-changing cash prize.

9.00 The Heat New edition The pressure in the kitchen reaches boiling point as two chefs go head-to-head.

10.00 Family Guy 13/20. Stewie's serene future life is interrupted by Brian. **10.30** 6/20. Peter and Lois tell the kids how they met and fell in love. (S18)
11.00 **Family Guy** 7/20. The Griffins recount their own versions of three famous love stories. (S18)
11.30 **American Dad!** 6&3/22. (S16)
12.30 AM **The Heat** As 9.00pm.
1.35 **Bob's Burgers** 11&12/22. (S13)
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.35 **On the Buses**
7.05 **Classic Emmerdale**
8.10 **Classic Coronation Street**
9.10 **A Touch of Frost**
11.15 **Heartbeat** Double bill.
1.20 PM **Midsomer Murders** *Garden of Death:* Barnaby investigates a murder in a memorial garden.
3.30 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *England Expects:* A burglar escapes from prison and returns to Aidensfield.

8.00 Grace

6.55 Heartbeat *Mother of Invention:* A woman claiming to be Carol's mother has arrived in the hope of a reunion.

8.00 Grace *Looking Good Dead:* The detective believes a serial killer might be on the loose after a schoolteacher is found dead in Brighton and human remains are discovered in a field.

10.00 Endeavour *Raga:* As campaigning for the 1970 General Election gets under way in Oxford, racial tensions escalate.
11.50 **A Touch of Frost** *Unknown Soldiers:* Jack is taken hostage while interviewing a suspect, then sets out to solve the death of a soldier at a nearby Army camp.
1.50 AM **On the Buses**
2.15 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **The Best of the 70s**
6.20 **The Big Match Revisited**
8.25 **Magnum, PI**
9.30 **Kojak**
10.35 **Boon**
11.40 **The Sweeney**
12.50 PM **Dempsey and Makepeace**
1.55 **Magnum, PI**
2.55 **Kojak**
4.00 **Boon**
5.05 **The Sweeney** *Bad Apple:* Regan poses as an ex-con to investigate police corruption.
6.10 **Minder** *High Drains Pilferer:* Terry is suspected of theft.

10.00 Live and Let Die

7.20 River Monsters Jeremy Wade tracks down a deadly fish in southern Africa.
7.55 LIVE Football: Copa Del Rey Real Sociedad v Athletic Bilbao: Coverage of the semi-final first-leg between the Basque rivals at Reale Arena. Sociedad hold a one-goal advantage over their close neighbours after the first leg in Bilbao thanks to a goal by Beñat Turrientes. Kick-off is at 8.00.

10.00 FILM Live and Let Die James Bond adventure starring Roger Moore. Agent 007 tackles a criminal mastermind who is planning to flood the US with heroin. (1973, PG, 121min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.25 AM **Wrestling: AEW Collision**
2.20 **Unwind with ITV**
3.30 **to 4.00** AM **Motorsport Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Roaming in the Wild** Andrew O'Donnell and Mark Taylor canoe along the River Forth.
7.50 **Beechgrove Repotted** Gardening advice.
8.00 **This Farming Life** New edition Ally is hoping to make his mark at Dingwall show and market.
9.00 **Debate Night** Topical debate on the big issues affecting Scotland.
10.00 **River City** New episode Roisin tries to explain herself to Tommy.
10.30 **Jules and Greg's Wild Swim** New edition 2/5. The couple travel along the River Tweed.
11.00 **Scotcast** Topical debate.
11.30 PM **to 12.00** M'T **David Wilson's Crime Files** Examining the complex topic of terrorism.

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S4)
9.00 **Ballers** 3&4/10. (S3)
10.15 **Sex and the City** (S4)
11.30 **Entourage** (S6)
12.30 PM **Will & Grace** (S6)
1.30 **Sex and the City** (S4)
2.50 **Ballers** 5&6/10. (S3)
4.10 **And Just Like That...**
4.45 **The Office (US)** (S4)
5.45 **Will & Grace** (S6)
6.45 **Community** (S1)
7.45 **Sex and the City** 9/18. Miranda discovers Steve has testicular cancer. **8.20** 10/18. Steve feels insecure following the operation. (S4)
9.00 **Last Week Tonight with John Oliver** A satirical look at news and pop culture topics.
9.45 **Tom Davis: Underdog** Stand-up performance.
11.00 **And Just Like That...**
11.35 **Community** (S1)
12.35 AM **Entourage** (S6)
1.35 **Ballers** 1&2/10. (S3)
2.45 **Curb Your Enthusiasm**
4.25 **to 5.00** AM **Veep**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Gilbert and Sullivan: A Motley Pair**
6.30 **Classic Quadrophenia**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Dickens: Phantoms and Fictions**
3.00 **Julie Andrews Forever**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Landscape Artist of the Year** New editions
10.00 **Cleo Laine: The Unseen Home Movies**
11.00 **Science Fiction in the Atomic Age**
12.00 M'T **Discovering Sci-Fi on Film**
1.30 AM **Up Late**
3.05 **Backstage**
4.05 **A Play in a Day**
5.05 **to 6.00** AM **Auction**

Sky Mix

151 158 156 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 13/20. (S1)
5.00 **Stargate SG-1** (S3)
6.00 **Star Trek: Voyager**
7.00 **Star Trek: The Next Generation** (S7)
8.00 **Landscape Artist of the Year** New edition The finalists compete at the Falkirk Wheel.
9.00 **The Rookie** (S2)
11.00 **Grimm** 3/13. (S6)
12.00 M'T **Warrior** 7/10. (S1)
1.00 AM **The Force: Manchester**
2.00 **Brit Cops: War on Crime**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Game show.
3.00 **Wheel of Fortune** Game show hosted by Graham Norton.
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as Daniel tries to open the 22 red boxes in the right order, taking on the infamous Banker for the chance to win a life-changing cash prize.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Beat the Chasers** Bradley Walsh hosts as more contestants hope that they can beat the quiz experts.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show.
1.50 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Come Dine with Me**
11.30 **Four in a Bed**
12.00 NOON **A New Life in the Sun** A ranch in Spain.
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **A Place in the Sun**
6.00 **Location, Location, Location Revisited**
7.00 **George Clarke's Building Home**
8.00 **Nando's vs KFC: Battle of the Brands**
9.00 **Handcuffed: Last Pair Standing** Jonathan Ross hosts as nine pairs of strangers are handcuffed together on a road trip. **10.05** A self-confessed prude gets cuffed to a heavily tattooed man.
11.05 **Gogglebox** Double bill.
1.05 AM **Ramsay's Kitchen Nightmares USA**
2.05 **Emergency Helicopter Medics** Documentary.
3.05 **to 5.00** AM **Night Coppers**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 12/26. (S6)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 13/26. (S6)
2.00 **Primeval** 8&9/10. (S3)
4.00 **Stargate SG-1** 5/22. (S3)
5.00 **Star Trek: Voyager** 15/26. Lieutenant Paris tries to break the Warp 10 barrier. (S2)
6.00 **Star Trek: The Next Generation** 12/26. Professor Moriarty wreaks havoc. (S6)

2.00 Primeval

7.00 **Star Trek: Deep Space Nine** *Far Beyond the Stars:* 13/26. Sisko imagines he is a sci-fi writer encountering racism. (S6)

8.00 **Stargate SG-1** *Learning Curve:* 5/22. O'Neill risks a court martial to help a young alien. (S3)

9.00 **Westworld** *The Absence of Field:* 3/8. Charlotte grapples with reality, while Dolores and Caleb form a key partnership. (S3)

10.05 **The Leftovers** *Crazy Whitefella Thinking:* 3/8. Kevin Sr wanders the Outback in an effort to save the world. (S3)
11.05 **Wynonna Earp** 6/12. (S4)
12.00 M'T **True Blood** 5/12. Bill and Eric ask Sookie to help them search for the missing Russell Edgington. **1.00** AM 6/12. Russell falls into the hands of the Authority. (S5)
2.00 **Primeval** 8&9/10. (S3)
4.00 **Wynonna Earp** 6/12. (S4)
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S13)
9.00 **Father Brown** As 7.00pm.
10.00 **The Mentalist** 13/13. (S7)
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **The Coroner** (S1)
1.00 PM **Death in Paradise** (S6)
2.00 **Murdoch Mysteries** (S13)
4.00 **The Mentalist** 13/13. (S7)
5.00 **Hudson & Rex** 13/16. When Sarah's friend suffers a vicious attack, she travels to Toronto to confront his wife. (S6)
6.00 **The Coroner** 8/10. The patriarch of a local aristocratic family is found dead. (S1)

9.00 NCIS: Sydney

7.00 **Father Brown** *The Crimson Feather:* When Mrs McCarthy's goddaughter vanishes, Brown follows her trail.

8.00 **Death in Paradise** *The Impossible Murder:* 3/8. A hotel owner is found stabbed to death in his room. (S6)

9.00 **NCIS: Sydney** New episode *Snakes in the Grass:* 2/8. A navy compliance officer is found dead in a waterhole. (S1)

10.00 **Miss Scarlet** *The Deal:* 4/6. Eliza's life is turned upside down when she gets dragged into a missing persons case. (S5)
11.00 **Father Brown** As 7.00pm.
12.00 M'T **Death in Paradise** (S6)
1.00 AM **The Coroner** As 6.00pm.
2.00 **Murdoch Mysteries** 12/18. Murdoch suspects a hunting group of a man's murder. (S13)
3.00 **to 4.00** AM **We Hunt Together**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.30 AM **Highlights**
9.20 **Are You Being Served?**
10.00 **Last of the Summer Wine**
11.15 **Dad's Army**
11.55 **Porridge**
12.35 PM **Keeping Up Appearances**
1.15 **The Green Green Grass**
1.55 **Dad's Army**
2.30 **Hi-de-Hi!**
3.10 **Are You Being Served?**
3.50 **Porridge**
4.30 **Dad's Army**
5.05 **Last of the Summer Wine**
6.20 **Keeping Up Appearances**

9.00 The Royle Family

7.00 **Porridge** Godber takes up boxing and enters the prison championships.
7.40 **Dad's Army** Mainwaring orders his men to guard the bank's money until repairs are completed.
8.20 **Are You Being Served?** Miss Brahms becomes the store spokesperson.

9.00 **The Royle Family** Baby David Keanu Ronan Best is christened. **9.35** The family drag themselves away from the TV for Sunday lunch.
10.15 **Men Behaving Badly** Gary gets rid of his sofa.
10.55 **Harry Enfield's Television Programme** Sketches.
11.35 **The Royle Family**
12.55 AM **Men Behaving Badly**
1.35 **Hi-de-Hi!**
2.20 **Harry Enfield's Television Programme** Sketch show.
2.55 **Don't Wait Up**
3.25 **to 4.00** AM **Men Behaving Badly**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Cannonball Christmas Special** Festive edition.
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Railroad Australia**
11.00 **Rick Stein: From Venice to Istanbul** As 6.00pm.
12.00 NOON **Border Force: America's Gatekeepers**
2.00 PM **World's Most Dangerous Roads** From South Africa.
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British**
6.00 **Rick Stein: From Venice to Istanbul** A culinary road trip.

6.00 From Venice to Istanbul

7.00 **Would I Lie to You?** With guest panellists Liz Carr, Miles Jupp, Samson Kayo and Anneka Rice.
7.40 **Richard Osman's House of Games** With Jayde Adams and Josie d'Arby. **8.20** With Neil Delamere, AJ Odudu, Lucy Porter and Mark Billingham.

9.00 **QI XL** Matt Lucas, Lucy Porter, Ross Noble and Alan Davies tackle Stephen Fry's questions on medical matters.

10.00 **Have I Got a Bit More News for You** Amol Rajan hosts the satirical quiz, with guests Miles Jupp and Andrea Jenkyns.
11.00 **Taskmaster** Joe Thomas grapples grumpily with some awkward hand-wear.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **QI XL** With Sheila Hancock.
2.50 **to 4.00** AM **Have I Got a Bit More News for You**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.05 AM **Birds of a Feather**
7.40 **The Bill**
8.35 **Doctors** Double bill.
9.50 **Classic Holby City**
10.50 **Classic Casualty**
11.50 **The Bill**
12.50 PM **Classic EastEnders**
2.05 **All Creatures Great and Small**
3.10 **Howards' Way**
4.20 **Shakespeare & Hathaway: Private Investigators**
5.20 **Porridge** Tension mounts as the parole board gathers.
6.00 **Last of the Summer Wine**

10.00 New Tricks

7.20 **Last of the Summer Wine** A renowned womaniser turns his attentions to Nora Batty. With Roy Barraclough.

8.00 **The Marlow Murder Club** *Death on the Close – Part One:* 3/6. A man with no ID is found dead in the middle of a road.

9.00 **The Marlow Murder Club** *Death on the Close – Part Two:* 4/6. A surprising link to a past missing persons case is revealed. (S2)

10.00 **New Tricks** *Family Business:* The unsolved-crime squad re-examine an assault case that left the victim in a coma.
11.20 **Shakespeare & Hathaway: Private Investigators** 7/10. Frank and Lu investigate a puzzling missing person case at a casino. (S2)
12.20 AM **Dalziel & Pascoe**
2.25 **Birds of a Feather**
3.00 **to 4.00** AM **Copper**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS**. 9–11/25. (S6)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Semper Fidelis:* 24/25. The team work alongside the FBI to catch a murderer. **7.00** *Aliyah:* 25/25. The team fly to Israel. (S6) **8.00** *Truth or Consequences:* 1/24. Tony tries to track down Ziva in North Africa. (S7)
9.00 **Criminal Minds** *Date Night:* 6/10. An old enemy of the BAU has a very specific request for Dr Reid. (S15)
10.00 **Law & Order: Special Victims Unit** *Remember Me in Quarantine:* 3/16. An exchange student goes missing. (S22)
11.00 **Law & Order: Special Victims Unit** (S22&21)
1.45 AM **NCIS** 7/20. (S22)
2.40 **Law & Order** (S24)
3.35 **to 4.00** AM **Cops**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Shoplifters: Caught Red Handed**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Rogue Claimers**
6.00 **Home and Away**
7.00 **Street Cops: Catching the Yobs** Police are braced for trouble at a football play-off final.
8.00 **Call the Bailiffs: Time to Pay Up** Agents enforce a debt involving a man who owes nearly £5,000 in legal fees.
9.00 **FILM Fifty Shades Freed** Thriller sequel starring Dakota Johnson and Jamie Dornan. (2018, 18, 105min) ★
11.10 **Twisted Sisters: Madness & Manslaughter**
1.10 AM **Police Interceptors**
3.50 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.15 **Traffic Cops**
10.15 **Police Interceptors**
12.10 PM **FILM Bend of the River** Western. (1952, PG, 92min) ★★★★
2.05 **FILM Springfield Rifle** Western starring Gary Cooper and David Brian. (1952, U, 92min) ★★★
4.00 **Trucking Heavy**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** PC Martain Anderson hunts for a van linked to drug dealing.
9.00 **Traffic Cops** Ten police units from two forces pursue a gang of suspected car thieves.
10.00 **Police: Night Shift 999**
11.00 **Banged Up Abroad**
12.00 M'T **Extreme Tow Truckers** Documentary.
1.00 AM **Outback Truckers**
2.00 **Trucking Hell**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
7.00 **The Supervet at Christmas 2018**
8.00 **999 Rescue Squad**
9.00 **NCIS: New Orleans** *My City:* 23/23. Pride suspects a mole is among the ranks. (S1)
10.00 **Elementary** *Details:* 16/24. Holmes discovers Watson has been lying to him, and Detective Bell becomes a suspect in a shooting case. (S1)
11.00 **Nurses Down Under**
12.00 M'T **Louis Theroux: Transgender Kids**
1.00 AM **Louis Theroux – Extreme Love: Dementia**
2.00 **to 3.00** AM **Michael McIntyre's Christmas Wheel**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great Indian Railway Journeys**
8.00 **Bangers & Cash**
10.00 **War Factories**
11.00 **Nuremberg: Nazis on Trial** Hermann Goering.
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **War Factories**
5.00 **Nuremberg: Nazis on Trial** Hermann Goering.
6.00 **Antiques Roadshow** From Osborne House on the Isle of Wight.
7.00 **Cornwall with Simon Reeve** 2/2. A look at the environmental challenges facing the county.
8.00 **Bangers & Cash: Restoring Classics** A Peugeot 205 GTI brings back some happy B-road memories.
9.00 **Classic Car Kings**
10.00 **Bangers & Cash**
2.00 **to 3.00** AM **War Factories**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Barcelona.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **Celebrity Yorkshire Auction House**
4.00 **Long Lost Family**
6.00 **Money for Nothing**
7.00 **Salvage Hunters**
8.00 **Antiques Road Trip** Natasha Raskin Sharp and Raj Bisram continue their tour of Kent.
9.00 **Who Do You Think You Are?** Richard Osman traces his ancestry. **10.00** Una Stubbs learns about the grandparents she never met.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

WEDNESDAY Entertainment

Wednesday

Great! TV

157 167 170 34 32

8.00 AM **Highway to Heaven**
10.00 **Little House on the Prairie** 10–12/22. (S9)
1.00 PM **The Waltons** (S4)
3.00 **Ballykissangel** (S3)
4.10 **Born and Bred** (S2)
5.20 **Doctor Finlay** 4/7. (S3)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** 16–18/24. (S2)
9.00 **Whatever Happened to the Likely Lads?** 1/13. First episode of the comedy sequel. **9.40** 2/13. Terry does not get the welcome home he was expecting. **10.20** 3/13. Bob has doubts about his marriage when he realises all his peers are getting divorced. (S1)
11.00 **The New Avengers** (S1)
12.00 M'T **The Avengers** (S6)
1.00 AM **M*A*S*H** (S2)
2.25 **Home to Roost** (S4)
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.00 AM **The High Chaparral**
10.00 **The Avengers** (S5)
11.00 **The Baron** 17/30. (S1)
12.00 NOON **FILM The Doolins of Oklahoma** Western drama. (1949, b/w, U, 90min) ★★
2.05 PM **FILM Hangman's Knot** Western adventure. (1953, PG, 81min) ★★
4.00 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The New Avengers** (S2)
7.00 **The Avengers** (S5)
8.00 **The Baron** 18/30. (S1)
9.00 **FILM Speed 2: Cruise Control** Thriller sequel starring Sandra Bullock. (1997, PG, 125min) ★★
11.35 **FILM Blowback** Thriller. (2022, 15, 93min) ★★
1.35 AM **The Baron** (S1)
2.35 **The New Avengers** (S2)
3.35 **FILM Wrangler** Australian Western. (1989, 12, 92min) ★★
5.15 **to 5.50** AM **Police Ten 7**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.10 AM **FILM Picture a Murder** (2018, PG) ★★
10.05 **Unforgettable** (S1)
11.05 **Castle** 8/23. (S7)
12.05 PM **FILM Site Unseen** Drama. (2017, PG) ★★
2.00 **Diagnosis Murder**
4.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 9/23. (S7)
8.00 **Unforgettable** (S1)
9.00 **FILM An Aurora Teagarden Mystery: Three Bedrooms, One Corpse** Crime drama. (2016, PG, 84min) ★★
10.55 **FILM Lost Letter Mysteries: The Road Less Travelled** Drama. (2018, U, 72min) ★★
12.50 AM **FILM Cheer Squad Secrets** (2021, 15) ★★
2.35 **FILM Witness Unprotected** Thriller. (2018, 15, 90min) ★★
4.00 **to 5.00** AM **Sue Thomas: F.B.Eye**

+1 hour 322

Great! Romance

319 317 424 52 47

8.15 AM **FILM An Hour Behind** Comedy. (2017, PG, 90min) ★★
10.25 **FILM The Way to the Heart** Romantic drama. (2022, PG, 86min) ★★
12.25 PM **FILM Just One Kiss** Comedy. (2022, PG) ★★
2.15 **FILM Diagnosis Delicious** Romance. (2016, PG, 90min) ★★
4.10 **FILM The Secret Ingredient** Comedy. (2020, PG, 83min) ★★
6.05 **FILM Splash of Love** Romantic comedy. (2022, U, 85min) ★★
8.00 **FILM Love at the Lodge** Romantic drama. (2022, U, 89min) ★★
10.00 **FILM Love at the Ranch** Drama. (2020, PG) ★★
12.00 M'T **FILM Christmas in Homestead** Drama. (2016, PG, 90min) ★★
2.05 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Love at the Ranch** (2020)

+1 hour 320

Together TV

170 136 83 162

11.00 AM **Garden Rescue**
12.00 NOON **Edwardian Farm**
1.15 PM **The Wild Gardener**
2.00 **The Greatest Auction**
3.00 **In The Spotlight**
4.00 **New Home DIY**
5.00 **Supermarket Secrets Revealed**
6.00 **The Greatest Auction**
7.00 **Garden Rescue**
8.00 **The Wild Gardener** The arrival of rain transforms Colin's childhood garden.
8.45 **Edwardian Farm** The team find out how farmers took advantage of Dartmoor's landscape.
10.00 **FILM Adventures of a Private Eye** Comedy starring Christopher Neil. (1977, 18, 92min) ★
12.00 M'T **FILM Death Train** Action thriller starring Pierce Brosnan. (1992, 15, 95min) ★★
2.00 AM **The Wild Gardener**
2.45 **Edwardian Farm**
4.00 **to 5.00** AM **Flipping Profit**

Rewind TV

182 81 141

6.00 AM **Highlights**
8.30 **The Gaffer**
9.00 **Bubblegum & Cheese**
10.00 **The Rewind Jukebox**
11.00 **Shine on Harvey Moon**
12.05 PM **The Fenn Street...**
12.35 **Agony** 3/6. (S1)
1.05 **Press Gang** 3/12. (S1)
1.35 **The Champions**
2.35 **Wish Me Luck** (S3)
3.40 **Rewind & Remember**
3.50 **We Had One of Those**
4.00 **Discovering Gardens**
4.30 **Old Country**
5.00 **Stereo Underground**
6.00 **The Fenn Street Gang**
6.30 **Press Gang** 3/12. (S1)
7.00 **Agony** 3/6. (S1)
7.30 **The Gaffer** 3/12. (S1)
8.00 **The Champions**
9.00 **Drop the Dead Donkey**
10.00 **Naughty!**
11.45 **The Kenny Everett New Naughty Video**
1.20 AM **Stereo Underground**
2.20 **Mysterious Tales**
2.25 **Wish Me Luck** (S3)
3.30 **to 6.00** AM **Highlights**

DMAX

158 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters: Mine SOS** Documentary.
9.00 **The Snake Catcher**
10.00 **Deadliest Catch**
12.00 NOON **Treasure Quest: Snake Island**
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Double bill.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch**
9.00 **Maine Cabin Masters** New edition A surprise twist sends the crew into overdrive while they are already battling freezing temperatures.
10.00 **Barnwood Builders** New edition The team save a cabin built in 1795.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid XL** Double bill.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 258 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Tom Kerridge Secrets of the Pub Kitchen** Double bill.
7.00 **Hairy Bikers'...**
8.00 **The Pioneer Woman**
9.00 **Jamie's Easy Meals...**
10.00 **Barefoot Contessa**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Mediterranean**
2.00 **James Martin's United Cakes of America**
3.00 **Hairy Bikers' Mississippi Adventure**
4.00 **The Pioneer Woman**
5.00 **Jamie's Easy Meals for Every Day** Double bill.
6.00 **Barefoot Contessa**
7.00 **Great British Bake Off**
9.00 **Paul Hollywood: City Bakes** Double bill.
10.00 **Adam Richman Eats Italy** Double bill.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 18/26. (S5)
9.00 **The A-Team** 23/23. (S4)
10.00 **The Invaders** (S2)
11.00 **FILM Princess of Mars** Sci-fi action adventure. (2009, 12, 90min) ★★
1.00 PM **FILM Two Rode Together** Western. (1961, PG, 109min) ★★★
3.05 **FILM Thunder in the Sun** Western adventure. (1958, U, 81min) ★★
5.00 **Star Trek** 2/24. (S3)
6.00 **The Invaders** (S2)
7.00 **The A-Team** 1/13. (S5)
8.00 **Walker, Texas Ranger**
9.00 **FILM Starship Troopers** Paul Verhoeven's drama with Casper Van Dien. (1997, 18, 129min) ★★
11.40 **FILM Upgrade** Sci-fi crime thriller. (2018, 15, 100min) ★★★★
1.45 AM **FILM Braven** Thriller. (2018, 15, 94min) ★★★
3.30 **to 5.15** AM **FILM Mojave** Thriller with Oscar Isaac. (2015, 15, 91min) ★★★

Legend Xtra

317 316 171 69 138 51

9.00 AM **FILM MacShayne: Final Roll of the Dice** Drama. (1993, PG) ★★
11.00 **The Lost World** (S2)
12.00 NOON **FILM Instrument of War** Wartime drama. (2017, 12, 90min) ★★
2.00 PM **FILM Arctic Apocalypse** Thriller. (2019, PG, 90min) ★
4.00 **Walker, Texas Ranger**
5.00 **FILM San Andreas Mega Quake** Thriller. (2019, 12, 87min) ★★
7.00 **The Lost World** (S2)
8.00 **The Fall Guy** (S2)
9.00 **FILM We Were Soldiers** Wartime drama. (2002, 15, 137min) ★★★
11.40 **FILM Hannie Caulder** Western. (1971, 15) ★
1.25 AM **FILM Death Race 2000** Action thriller. (1975, 15, 90min) ★★★
3.00 **FILM San Andreas Mega Quake** (2019)
5.00 **to 6.00** AM **The Lost World**

+1 hour 318 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Canadian Pickers** New edition
7.35 **Junk & Disorderly**
8.30 **Storage Wars**
9.20 **Hardcore Pawn**
10.15 **Pawn Stars**
11.10 **Swamp People**
1.05 PM **Canadian Pickers**
2.05 **Storage Wars**
3.05 **Junk & Disorderly**
4.00 **Ancient Aliens**
5.00 **Evidence of the Unexplained**
6.00 **Pawn Stars**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Paranormal: Caught on Camera** New editions
11.00 **The Proof Is Out There**
12.00 M'T **Mysteries from Above** Documentary.
1.00 AM **Evidence of the...**
2.00 **Ancient Aliens**
3.00 **Swamp People**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
10.00 **Cats and Dogs at War**
11.00 **Ben Fogle: New Lives in the Wild** America.
12.00 NOON **Nazi Megastructure**
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **Scotland's Most Scenic Railway Journeys**
6.00 **Abandoned Engineering**
7.00 **Nazi Megastructures**
8.00 **Ben Fogle: New Lives in the Wild** Tanzania.
9.00 **James May's Great Explorers** The presenter profiles famous explorers, beginning with Christopher Columbus.
10.30 **Discovering Atlantis with Dan Snow** Exploring the mysteries of the legendary island in the Atlantic.
12.00 M'T **Wentworth Prison**
1.05 AM **22 Kids & Counting**
3.10 **to 4.00** AM **Paul Martin's Antiques Showdown**

Challenge

130/131 116/117 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Quiz show.
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **All Star Family Fortunes** With Nell McAndrew and Laurence Llewelyn-Bowen.
12.40 PM **Lily Savage's Blankety Blank**
2.00 **The Chase** Quiz show.
3.00 **Who Wants to Be a Millionaire? Celebrity Special** Quiz show.
4.00 **Bridge of Lies**
5.00 **The Bidding Room**
6.00 **Tenable** Quiz show.
7.00 **The Chase** Triple bill.
10.00 **The Chase Celebrity Special** Colin Jackson, Anne Diamond, Nicky Campbell and Josie Long compete for charity.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Classic Who Wants to Be a Millionaire?**
1.00 AM **The Chase**
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Mike & Molly**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Mike & Molly**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the sitcom, including at: **7.30** 10/23. Leonard turns to Penny for advice on his relationship with Stephanie, who he feels is taking things too quickly. **8.00** 11/23. Sheldon becomes obsessed with gift-giving etiquette. **8.30** 12/23. The boys are challenged to a robot duel. (S2)
9.00 **The Bad Skin Clinic** New edition Ryan has excruciating sores in his groin and a neck cyst.
10.00 **The Bad Skin Clinic**
12.00 M'T **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
10.00 **Everybody Loves Raymond** (S4)
1.00 PM **Friends** (S3)
7.00 **Friends** 21/25. Heartbroken Ross makes a sacrifice for Rachel. **7.30** 22/25. Joey's play gets terrible reviews. **8.00** 23/25. Ross finds a growth on his buttocks. **8.30** 24/25. Guest stars Robin Williams. (S3)
9.00 **Michael McIntyre's Big Show** With Nile Rodgers and Chic.
10.00 **8 Out of 10 Cats Uncut**
11.40 **Jimmy Carr: Comedy Central Live 2**
12.10 AM **Whose Line Is It Anyway? USA**
1.10 **South Park** (S13)
3.05 **Michael McIntyre's Big Show** As 9.00pm.
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S4)
7.00 **Teleshopping**
9.00 **Spin City** 17&18/24. (S2)
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** (S4)
1.00 PM **Criminally Funny**
2.30 **Blockbusters**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** 17&18/24. (S2)
7.00 **Everybody Loves Raymond** Six episodes of the sitcom, including at: **9.30** 13/24. Ally is accused of bullying. (S4)
10.00 **South Park** (S15&16)
1.00 AM **The Ricky Gervais Show** Double bill.
2.00 **Utopia** 7/8. (S2)
2.30 **Teachers** 19/20. (S2)
3.00 **Reno 911!** (S5)
3.45 **Important Things with Demetri Martin**
4.30 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **Highlights**
10.55 **Steptoe and Son** (S2)
11.30 **Oh, Doctor Beeching!**
12.05 PM **Rising Damp** (S3)
12.35 **Man About the House**
1.05 **Goodnight Sweetheart**
1.40 **When the Boat Comes In** 3/10. (S4)
2.40 **Minder** 6/11. (S4)
3.45 **Just Good Friends** (S2)
4.25 **Man About the House**
4.55 **Are You Being Served? Again!** 3/6. Sitcom. (S2)
5.30 **Birds of a Feather**
6.00 **That's 60s**
6.10 **Steptoe and Son** (S2)
6.50 **Rising Damp Christmas Special** 8/8. (S2)
7.20 **Whatever Happened to the Likely Lads?** (S2)
7.55 **Minder** 3/11. (S1)
9.00 **Benidorm** 6/7. (S5)
10.00 **Shameless** 4/16. (S5)
10.55 **Man About the House**
11.30 **Rising Damp** 4/7. (S1)
12.00 M'T **Benidorm** 6/7. (S5)
1.00 AM **Minder** 3/11. (S1)
2.00 **to 6.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **Ghosted: Love Gone Missing** Double bill.
8.00 **Catfish: The TV Show**
9.00 **Catfish: Scammed**
10.00 **Catfish: The TV Show**
11.00 **Catfish: The Dramatic**
12.00 NOON **Catfish: The TV Show** Four editions.
4.00 PM **Dallas Cowboys Cheerleaders**
6.00 **Catfish UK**
7.00 **Rich Kids Go Skint**
8.00 **Teen Mom UK: Next Generation** New edition
9.00 **True Life Crime UK**
10.00 **Caught in the Act: Unfaithful** New edition Suspicion falls on Derek and his motives.
11.00 **Tattoo Fixers**
12.00 M'T **Ridiculousness** New editions Double bill.
1.00 AM **Caught in the Act: Unfaithful** Double bill.
2.45 **Teen Mom: The Next Chapter** Reality series.
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Documentaries

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made: Dream Cars** Double bill.
7.00 **Diesel Brothers**
9.00 **Gold Rush: Mine Rescue with Freddy & Juan**
11.00 **Overhaulin'** Double bill.
1.00 PM **Gold Rush**
3.00 **How It's Made** Four editions.
5.00 **Alaska: Homestead Rescue** Marty must move a failing cabin, while Matt teaches an ill mother how to face her fears. **6.00** The Raneys tackle a treehouse cabin on the verge of collapse in Missouri.

10.00 Kindig Customs

7.00 Wheeler Dealers Mike and Ant answer questions from fans across the globe and reveal the inner workings of the series.

8.00 Wheeler Dealers Mike comes across a rare 1976 Mercury Capri MK2 with a classic 2.8 litre V6, but it is not without its issues.

9.00 Wheeler Dealers Mike tracks down a rare Land Rover Series 1 that may not be all it seems.

10.00 Kindig Customs New edition Dave comes up with a design that keeps an Oldsmobile's charm but makes it cool.

11.00 **Expedition Unknown** Josh Gates dives the Baltic's icy waters to find a revolutionary Nazi sub – the V-80.
12.00 M'T **Deadliest Catch**
1.00 AM **Wheeler Dealers**
2.00 **Kindig Customs** As 10.00pm.
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Edge of Alaska**
10.00 **Tanked** A carousel aquarium.
11.00 **Animal Cops Philadelphia**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell**
5.00 **Lone Star Law** The wardens are called when an alligator gets too close for comfort.
6.00 **Dr Jeff: Rocky Mountain Vet** The team are faced with an overweight cat with kidney disease that will need a miracle if it is going to survive.

6.00 Dr Jeff

7.00 Treehouse Masters Pete Nelson reconstructs and revitalises a pair of treehouses to bring them back to their former glory.

8.00 Rugged Justice Washington State's fish and wildlife police bear dog unit force a bear away from a family's home.

9.00 Alaska: The Last Frontier The Kilchers need to catch hundreds of pounds of fish for them to eat and barter with.

10.00 Alaskan Bush People The Wolfpack seize an opportunity to stockpile meat with their first-ever buffalo hunt.

11.00 **Mountain Monsters** The team hunt down a wolf-like creature.
12.00 M'T **Crikey! It's the Irwins** Bindi welcomes the arrival of tiny poison dart frogs.
1.00 AM **The Pool Master**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Rocky Mountain Railroad**
9.00 **Mayday** Documentary.
10.00 **Pirates: Behind the Legends**
11.00 **Nazi Megastructures: Battle Ready** Megafortresses.
12.00 NOON **Colossal Machines**
1.00 PM **Car S.O.S** A Ford Poplar.
2.00 **Air Crash Investigation**
3.00 **Seconds from Disaster**
4.00 **Drain the Oceans**
5.00 **Ice Road Rescue** Thord crawls under a 20-ton bread truck.
6.00 **Toronto Airport Uncovered** Spring break puts pressure on the airport infrastructure.

8.00 Tut's Toxic Tomb

7.00 Air Crash Investigation An out-of-control turboprop breaks apart while trying to land at Düsseldorf airport.

8.00 Tut's Toxic Tomb 1/2. Paleoanthropologist Ella Al-Shamahi unravels the truth behind the legend of Tutankhamun.

9.00 Tut's Toxic Tomb 2/2. Ella Al-Shamahi dives deeper into the truth behind Tutankhamun's curse.

10.00 Gladiators: Warriors of the Ancient World The story told by loyal gladiator Flamma's gravestone.

11.00 **Air Crash Investigation** A plane that crashed just a few miles from the runway.
12.00 M'T **Yukon Rescue**
1.00 AM **To Catch a Smuggler**
2.00 **Money Meltdown**
2.30 **To Catch a Smuggler**
3.20 **Food Factory USA**
4.10 **to 5.00** AM **Trials of the Wild**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Rust Valley Restorers**
6.55 **Gold Wars Downunder**
8.45 **Forged with Steele**
9.15 **Pawn Stars** Documentary.
10.10 **Storage Wars** Triple bill.
12.00 NOON **Nazi Murder Mysteries**
1.00 PM **The Curse of Oak Island**
2.00 **Mysteries Unearthed with Danny Trejo** As 10.00pm.
3.00 **Beyond Skinwalker Ranch** Triple bill, including at: **5.00** Andy and Paul probe an abandoned ranch.
6.00 **American Pickers** Mike puts Dave in the driver's seat.

10.00 Mysteries Unearthed

7.00 Forged in Fire Smiths pay homage to US presidents by forging a replica of Teddy Roosevelt's Rough Rider Bowie.

8.00 Strange Evidence How a mother and child fled in terror as the entire roof of a building ripped off and flew towards them.

9.00 The Curse of Oak Island New edition The team drill through a surprising discovery deep in the Money Pit area.

10.00 NEW SERIES Mysteries Unearthed with Danny Trejo Proof that America's greatest treasures can turn up in unlikely places.

11.00 **My Paranormal Nightmare** A girl believes strange creatures are wreaking havoc on her life.
12.00 M'T **Beyond Skinwalker Ranch** A trip to a site of Native American petroglyphs.
12.55 AM **Beyond Skinwalker Ranch**
2.50 AM **The Curse of Oak Island**
3.40 **Strange Evidence**
4.25 **Pawn Stars** Documentary.
5.10 **to 6.00** AM **American Pickers**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **Janet Jackson**
7.00 **Discovering: Tim Robbins**
8.00 **The Directors**
9.00 **100 Foot Wave**
10.00 **Branson** 1-4/4. A profile of entrepreneur Richard Branson.
3.00 PM **Edge of the Earth** Four groups of athletes embark on four never-before-accomplished missions.
4.10 **Discovering: Tim Robbins**
5.00 **The Directors**
6.00 **100 Foot Wave** 2/6. The first epic swell of the season leads to chaos in the water.

8.00 Salt Path

7.00 History of the Sitcom 8/8. Exploring the topic of upward mobility in situation comedies.

8.00 Salt Path: A Very British Scandal Journalist Chloe Hadjimatheou's investigation into allegations of factual inaccuracies in Raynor Winn's book *The Salt Path*.

9.30 Murder on Middle Beach 3/4. Madison Hamburg interviews friends and family about his mother's murder. **10.35** 4/4. Madison brings his eight-year investigation to an end.

12.20 AM **Belushi** The life story of comedy star John Belushi, who captured the hearts of audiences worldwide before his untimely death aged 33.
2.20 **I Am Steve McQueen** A look at the life and career of the American actor.
3.50 **Adam Hills: Foot Fault**
5.00 **to 6.00** AM **Discovering: Tim Robbins**

Wednesday

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried**
4.00 **The Yorkshire Auction House** Double bill.
6.00 **Antiques Road Trip**
8.00 **The Yorkshire Auction House** Angus Ashworth helps sell 30 years' worth of collectables in Oxford. **9.00** New edition Angus uncovers expensive oak and a Fabergé egg in Herefordshire.
10.00 **Celebrity Yorkshire Auction House** Angus helps Russell Watson and Roxy Shahidi.
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers World Tour** Double bill.
3.00 **Shed and Buried**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Forensic Detectives**
9.00 **FBI Files** Double bill.
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Betrayed**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **The Detectives: My Killer Case**
4.00 **American Monster**
6.00 **American Detective with Lt Joe Kenda**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
9.00 **Deadly Legacy** The family of a missing man wonders if John Wayne Gacy was responsible.
10.00 **People Magazine Investigates** A man is found dead in a sex den.
11.00 **Judge Rinder's Crime Stories**
12.00 M'T **American Monster**
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder UK** The case of Hollie Gazzard, who was murdered by her former partner, Asher Maslin.
8.00 **Millionaire Murders** Police find it is clear Shanti Cooper's death was not an accident.
9.00 **Storm of Suspicion** New edition Patricia Parkin is on the verge of turning her life around when she disappears.
10.00 **Fatal Fall: Murder or Accident?** New edition A look into the case of Carol Hickok, who was found dead at the foot of a staircase.
11.00 **Bloodline Detectives**
1.00 AM **Millionaire Murders**
2.00 **Storm of Suspicion**
3.00 **Fatal Fall: Murder or Accident?** As 10.00pm.
4.00 **to 6.00** AM **Close Calls: On Camera**

+1 hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Body in the Water**
11.00 **48 Hours** Jane Dorotik.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Body in the Water** A woman allegedly drowns in a bathtub. **3.00** A missing American woman's body is found washed up on the shore of a tidal estuary.
4.00 **48 Hours** Investigating the disappearance of Jennifer Farber Dulos.
5.00 **Medical Detectives** A couple who were murdered during a suspected drug deal. **5.30** A man suspected of poisoning his girlfriend. **6.00** A teacher who doubled as a serial killer. **6.30** A case involving an abandoned car.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Send in the Dogs**
7.00 **Brit Cops: Rapid Response** Documentary.
8.00 **Britain's Longest Road**
9.00 **Stop, Search, Seize**
10.00 **Police 24/7**
11.00 **Murders That Shocked the Nation** Ruth Ellis.
12.00 NOON **Killer in My Village** Double bill.
2.00 PM **Catching the Killer**
4.00 **Britain's Most Evil Killers**
5.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **What the Killer Did Next** Michael Ryan.
10.00 **Murder in the Alps**
11.00 **Police 24/7**
12.00 M'T **Killing Mum and Dad** Martin Ruddy.
1.00 AM **World's Most Evil...**
2.00 **Murders That Shocked...**
3.00 **Murdered at First Sight**
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **America the Bountiful** Documentary.
8.35 **The Stuarts**
9.40 **WWII in Colour**
10.50 **Cleopatra**
11.45 **Ancient Egypt: Life and Death in the Valley of the Kings**
1.00 PM **America the Bountiful** Documentary.
1.50 **The Stuarts**
2.55 **WWII in Colour: Road to Victory**
4.00 **Cleopatra**
5.00 **Ancient Egypt: Life and Death in the Valley of the Kings**
6.20 **The Stuarts**
7.25 **WWII in Colour: Road to Victory**
8.35 **Cleopatra** Documentary.
9.35 **Ancient Egypt: Life and Death in the Valley of the Kings**
10.55 **WWII in Colour: Road to Victory**
12.00 M'T **Cleopatra**
1.05 **to 2.00** AM **America the Bountiful**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

WEDNESDAY

Wednesday

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Aussie Snake Wranglers...**
7.00 **Monkey Life**
8.00 **Africa's Wild Horizons**
9.00 **Orangutan Jungle School**
10.00 **Planet Shark**
11.00 **Malawi Wildlife Rescue**
12.00 NOON **Brazil Untamed**
1.00 PM **Monkey Life**
2.00 **Africa's Wild Horizons**
3.00 **Orangutan Jungle School**
4.00 **Planet Shark**
5.00 **Gangs of Baboon Falls**
6.00 **Brazil Untamed**
7.00 **Monkey Life** Double bill.
8.00 **Islands** The wildlife on Baffin.
9.00 **Arctic from Above** Liz Bonnin explores the impact plastic pollution is having on seabirds.
10.00 **Brazil Untamed**
11.00 **Gangs of Baboon Falls**
12.00 M'T **Malawi Wildlife Rescue**
1.00 AM **Aussie Snake Wranglers: Deadly Pursuit** Documentary.
2.00 **Islands** As 8.00pm.
3.00 **Arctic from Above** As 9.00pm.
4.00 **Africa's Wild Horizons**
5.00 **to 6.00** AM **Orangutan Jungle School**

Sky History 2

163/168 143 186

6.00 AM **World's Most Unexplained**
7.00 **Life After People**
8.00 **What on Earth?**
9.00 **History of Weapons**
10.00 **Combat Ships**
11.00 **Ancient Aliens**
1.00 PM **Alien Files: Unsealed**
2.00 **Walking Through History**
3.00 **Instruments of Death**
4.00 **World's Most Unexplained**
5.00 **Life After People**
6.00 **What on Earth?**
7.00 **History of Weapons** How the ambush revolutionised warfare.
8.00 **Combat Ships** How speed gives ships and small vessels an advantage in naval battles.
9.00 **Secrets in the Ice** An insect able to survive in South America's Andes Mountain.
10.00 **Rome: Rise and Fall of an Empire** The rule of Trajan.
11.00 **Ancient Aliens** Double bill.
1.00 AM **Alien Files: Unsealed**
2.00 **Walking Through History**
3.00 **Instruments of Death**
4.00 **Curse of the Ancients**
5.00 **to 6.00** AM **Rust Valley Restorers**

Discovery Science

167 148 179

8.00 AM **How the Universe Works**
11.00 **Extreme Engineering**
1.00 PM **Blowing Up History**
3.00 **How the Universe Works**
6.00 **How It's Made: Dream Cars**
9.00 **In Search of Monsters** Recently disclosed audio recordings and photographs may provide the most conclusive evidence to date that the Ozark Howler has demonic origins.
10.00 New evidence reveals a Vietnam War pilot may have returned home with a secret cargo. Experts use this to try and find the missing link in human evolution.
11.00 **Expedition X** The team explore an abandoned outpost in the Amazon rainforest.
12.00 M'T Phil and Jessica head to Lake Lanier, one of the deadliest lake in America, to uncover rumours of drownings and ghostly encounters.
1.00 AM **How the Universe Works**
4.00 **to 6.00** AM **The Dino Hunters**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Court Cam**
11.00 **Killer Britain with Dermot Murnaghan** Triple bill.
2.00 PM **Accident, Suicide or Murder?** As 8.00pm.
3.00 **Murder by Medic**
6.00 **The First 48**
7.00 **Cold Case Files** A mother-of-three's disappearance in 1999.
8.00 **Accident, Suicide or Murder?** New edition A navy officer succumbs to a mysterious illness after months at sea.
9.00 **Killer Grannies** New edition A beloved grandma is suspected of poisoning a veteran cop.
10.00 **Don't Open the Door**
11.00 **Ross Kemp: Lost Boys, Deadly Men** The case of Jake Davison.
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Interrogation Raw**
2.00 **Homicide Hunter**
3.00 **Imperfect Murder**
5.00 **to 6.00** AM **Accident, Suicide or Murder?**

+1hour 256 333

WILD

165 145 182

8.00 AM **Yukon Vet**
9.00 **Last of the Giants: Wild Fish**
10.00 **World's Weirdest**
11.00 **Queens**
12.00 NOON **Heartland Docs**
1.00 PM **Ultimate Airport Dubai**
2.00 **Iberia's Woodlands: Life on the Edge** Autumn and winter.
3.00 **Incredible Animal Journeys**
4.00 **Secrets of the Zoo**
5.00 **Critter Fixers: Country Vets**
6.00 **Yukon Vet**
7.00 **NEW SERIES The Hidden World of Snakes** A look at how snakes across the world have adapted to their environment.
8.00 **Ten Deadliest Snakes with Nigel Marven** Exploring Brazil's most dangerous serpents.
9.00 **Deadly Dozen**
10.00 **Alaska: The Next Generation**
11.00 **Ice Road Rescue**
12.00 M'T **Rocky Mountain Railroad**
1.00 AM **Africa's Deadliest**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Bizarre Animal Friends**

Discovery History

174 147 181

7.00 AM **Egypt's New Tomb Revealed** As 8.00pm.
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** Experts investigate the last stars of the cosmos.
1.00 PM **Mysteries at the Castle**
2.00 **Alien Highway**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Egypt's New Tomb Revealed** Documentary following Dr Otto Schaden as a gold coffin is unearthed in the Valley of the Kings, near Tutankhamen's tomb.
9.00 **Secrets Underground**
10.00 **How Do They Do It?**
11.00 **Massive Engineering Mistakes**
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **Mysteries at the Castle**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **Brit Cops Down Under**
5.00 PM **Doctor Who**
8.40 **Doctor Who** *The Time Monster – Part One:* 21/26. The Doctor travels back to Atlantis.
9.10 *The Time Monster – Part Two:* 22/26. The Master's time experiments create strange temporal distortions.
9.45 *The Time Monster – Part Three:* 23/26. The Master summons Kronos, the time-eating Chronovore.
10.15 *The Time Monster – Part Four:* 24/26. The Doctor and Jo pursue the Master through the Time Vortex.
10.50 *The Time Monster – Part Five:* 25/26. The Master attempts to gain control over the crystal that binds Kronos.
11.20 *The Time Monster – Part Six:* 26/26. The Doctor enters the labyrinth to try and protect Jo from the minotaur. (S9)
11.55 **Doctor Who**
5.10 **to 6.00** AM **A Year on the Yorkshire Steam Railway**

+1hour 266 376

ID

154 140 166

8.00 AM **Broken Trust**
9.00 **American Monster**
11.00 **Disappeared**
12.00 NOON **Evil Lives Here**
1.00 PM **American Monster**
3.00 **Disappeared**
4.00 **Evil Lives Here**
5.00 **Breaking Homicide**
7.00 **Murder Under the Friday Night Lights** In Texas, a popular high-school athlete is found murdered in her bedroom. Detectives learn she was hiding a secret that leads them to her killer.
8.00 Robert Champion suddenly dies in the back of the marching band bus.
9.00 **High Speed Chase** A chase through a Florida town ends with a shock for pursuing deputies.
10.00 **Good Cop, Bad Cop**
11.00 **Real Time Crime**
12.00 M'T **Before They Kill Again**
2.00 AM **Breaking Homicide**
4.00 **to 6.00** AM **Murder Under the Friday Night Lights**

+1hour 254 366

Discovery Turbo

161/172 146 180

7.00 AM **Wheeler Dealers**
8.00 **Motor Pickers**
9.00 **Outback Truckers**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Richard Hammond's Workshop** Richard gambles his own money on a 1970 Mark II Jensen Interceptor.
1.00 PM **Bad Chad Customs**
2.00 **Salvage Hunters: Classic Cars**
3.00 **Outback Truckers**
4.00 **Shed and Buried: Classic Cars**
5.00 **Motor Pickers**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Shed and Buried: Classic Cars** Henry and Fuzz check out Danny's collection in Hampshire.
9.00 **Holden Bros. Restos**
10.00 **Outback Truckers**
11.00 **Wheeler Dealers**
12.00 M'T **Shed and Buried: Classic...**
1.00 AM **Richard Hammond's Workshop** As 12.00noon.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **How to Train Your Dragon**
8.10 **Plainclothes** Thriller. (2025, 15)
9.50 **M3GAN 2.0** Sci-fi sequel. (2025, 15, 120min) ★★★
11.55 **Jurassic World: Rebirth**
2.15 PM **One More Shot** Comedy. (2025, 15, 88min) ★★★
3.55 **I Know What You Did Last Summer** Horror reboot. (2025, 15, 119min) ★★★
5.50 **How to Train Your Dragon** Fantasy with Mason Thames. (2025, PG, 125min) ★★★★

5.50 How to Train Your Dragon

8.00 Jurassic World: Rebirth Fantasy adventure starring Scarlett Johansson Mahershala Ali and Jonathan Bailey. A crack team infiltrate a forbidden island to collect the DNA of three key dinosaur species. With Rupert Friend. (2025, 12, 133min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 Bring Her Back Thriller starring Billy Barratt, Sora Wong and Sally Hawkins. A brother and sister uncover a terrifying ritual at the secluded home of their new foster mother. (2025, 18, 104min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Bone Lake** Comedy thriller starring Alex Roe. (2024, 18, 94min) ★★★
1.55 **The Gentleman** Thriller. (2025, 15, 89min) ★★
3.40 **to 6.00** AM **King Ivory** Thriller. (2024, 15, 129min)

Sky Cinema Book Day

303 303 403 503 517

6.50 AM **Peter Rabbit** As 6.00pm.
8.40 **Smurfs** Fantasy comedy. (2025, PG, 89min) ★★
10.25 **The Golden Compass** (2007)
12.25 PM **Charlie and the Chocolate Factory** Tim Burton's fantasy. (2005, PG, 115min) ★★★★
2.25 **The Ant Bully** As 1.05am.
4.10 **The Wild Robot** Animation. (2024, U, 102min) ★★★★
6.00 **Peter Rabbit** Family comedy with the voice of James Corden. (2018, PG, 95min) ★★★

4.10 The Wild Robot

7.40 Stuart Little Family fantasy adventure featuring the voice of Michael J Fox. (1999, U, 84min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.20 The Golden Compass Fantasy adventure based on Philip Pullman's bestselling book *Northern Lights*, starring Nicole Kidman and Dakota Blue Richards. In a parallel universe, a rebellious young orphan travels to the Arctic on a quest to save a kidnapped friend. (2007, PG, 109min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Babe** Family comedy drama. (1995, U, 92min) ★★★★★
1.05 AM **The Ant Bully** Animation. (2006, U, 89min) ★★★★
2.45 **Harriet the Spy** Adventure. (1996, PG, 97min) ★★★★
4.40 **to 6.35** AM **The Wizard of Oz** Classic musical fantasy. (1939, U, 98min) ★★★★★

Sky Cinema Drama

310 310 410 510 524

7.00 AM **The Cut** As 6.20pm.
8.45 **The Good Half** Comedy drama. (2023, 15, 96min) ★★★
10.25 **Molly's Game** Fact-based drama. (2017, 15, 137min) ★★★★
12.45 PM **The Blind Side** Fact-based drama. (2009, 12, 129min) ★★★
2.55 **Lost in Translation** Drama. (2003, 15, 102min) ★★★★★
4.40 **Babylon** British drama. (1980, 15, 94min) ★★★
6.20 **The Cut** Thriller starring Orlando Bloom. (2024, 12, 99min) ★★★
8.00 **Empire of the Sun** Steven Spielberg's epic drama starring Christian Bale as a young English boy who learns to survive in a Japanese internment camp in occupied China during World War Two. (1987, PG, 152min) ★★★★
10.45 **An Officer and a Gentleman** Gritty romantic drama starring Richard Gere and Debra Winger. (1981, 15, 125min) ★★★★
12.50 AM **Two Mules for Sister Sara** Western starring Clint Eastwood. (1969, 15, 114min) ★★★
2.45 **The Damned United** Biopic. (2009, 15, 98min) ★★★★
4.25 **to 6.45** AM **A Star Is Born** Drama starring Lady Gaga. (2018, 15, 136min) ★★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.20 AM **If You Were the Last**
8.00 **Friendship's Death** Sci-fi drama. (1987, 15, 78min) ★★★
9.20 **Evolution** Sci-fi comedy. (2001, PG, 101min) ★★★★
11.05 **The Parenting** Horror comedy. (2025, 15, 94min) ★★★
12.45 PM **The Lost Boys** Vampire tale. (1987, 15, 98min) ★★★★
2.30 **Pitch Black** Sci-fi chiller. (1999, 15, 108min) ★★★★
4.25 **Gravity** Thriller starring Sandra Bullock and George Clooney. (2013, 12, 91min) ★★★★★
6.10 **Trap** Thriller with Josh Hartnett. (2024, 15, 105min) ★★★★
8.00 **Battleship** Sci-fi adventure starring Taylor Kitsch, Rihanna and Alexander Skarsgård. (2012, 12, 126min) ★★★
10.15 **Children of Men** Sci-fi thriller based on the novel by PD James, starring Clive Owen, Julianne Moore and Michael Caine. (2006, 15, 109min) ★★★★★
12.05 AM **Constantine** Supernatural thriller. (2005, 15, 121min) ★★★
2.20 **If You Were the Last** Comedy. (2023, 15, 92min) ★★★★
4.05 **Sky Cinema Preview**
5.05 **to 6.50** AM **The Woman in the Yard** Psychological horror. (2025, 15, 88min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.40 AM **Bookworm** Comedy. (2024, 12, 103min) ★★★★
8.30 **The Last Airbender** (2010)
10.15 **Paul Blart: Mall Cop** Crime comedy. (2009, PG, 91min) ★
11.50 **My Penguin Friend** Drama. (2024, PG, 98min) ★★★★
1.30 PM **The Last Airbender** Fantasy. (2010, PG) ★★
3.20 **Wicked** Musical fantasy. (2024, PG, 160min) ★★★★
6.00 **Lemony Snicket's A Series of Unfortunate Events** (2004)

7.55 Scooby-Doo 2

7.55 **Scooby-Doo 2: Monsters Unleashed** Live-action comedy adventure sequel starring Freddie Prinze Jr and Sarah Michelle Gellar. (2004, PG, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 **Harold and the Purple Crayon** Adventure starring Zachary Levi. A character who lives in a hand-drawn world tumbles into the present day as a flesh-and-blood man. (2024, PG, 87min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **Peter Pan** Family adventure starring Jeremy Sumpter and Rachel Hurd-Wood. (2003, PG, 113min) ★★★★
1.10 AM **Lemony Snicket's A Series of Unfortunate Events** Fantasy starring Jim Carrey. (2004, PG, 103min) ★★★★
3.10 **The Cat in the Hat** Comic fantasy starring Mike Myers. (2003, PG, 82min) ★★★★
4.45 **to 6.25** AM **Scooby-Doo 2: Monsters Unleashed** (2004)

Sky Cinema Action

307 307 407 507 521

7.15 AM **Cleaner** Action thriller. (2025, 15, 97min) ★★★
8.55 **Blacklight** Thriller. (2022, 15) ★
10.45 **Fast & Furious Presents Hobbs & Shaw** Adventure. (2019, 12, 137min) ★★★
1.05 PM **Indiana Jones and the Temple of Doom** Adventure. (1984, PG, 118min) ★★★
3.05 **The Patriot** Epic drama. (2000, 15, 167min) ★★★
5.50 **Fast & Furious 6** Thriller. (2013, 12, 125min) ★★★

8.00 ...the Last Crusade

8.00 **Indiana Jones and the Last Crusade** Steven Spielberg's action adventure starring Harrison Ford and Sean Connery. Indiana Jones and his father tangle with Nazis searching for the Holy Grail. (1989, PG, 127min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Indiana Jones and the Kingdom of the Crystal Skull** Steven Spielberg's adventure starring Harrison Ford and Cate Blanchett. (2008, 12, 122min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Bad Boys: Ride or Die** Action comedy starring Will Smith and Martin Lawrence. (2024, 15, 115min) ★★★
2.15 **The Fall Guy** Action comedy. (2023, 12, 126min) ★★★★
4.25 **to 6.15** AM **Rampage** Fantasy starring Dwayne Johnson. (2018, 12, 107min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.15 AM **Sausage Party** Animation. (2016, 15, 89min) ★★★
8.50 **This Is Spinal Tap** Spoof. (1983, 15, 83min) ★★★★★
10.20 **The Ballad of Wallis Island** Comedy. (2025, 12) ★★★★
12.10 PM **Two Weeks Notice** Comedy. (2002, 12) ★★★
2.00 **The Holiday** Romantic comedy. (2006, 12, 135min) ★★★
4.20 **Team America: World Police** Spoof. (2004, 15) ★★★★
6.05 **Ted** Comedy. (2012, 15) ★★★★

8.00 The Wedding Singer

8.00 **The Wedding Singer** Romantic comedy starring Adam Sandler and Drew Barrymore. A perky waitress saves a singer from despair after he is jilted at the altar. (1998, 12, 97min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

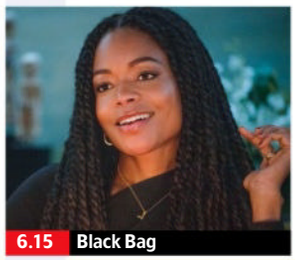
9.45 **American Pie: The Wedding** Comedy sequel starring Jason Biggs and Alyson Hannigan. The old friends rally round when two of the gang decide to get married, but much goes wrong before the big day. (2003, 15, 96min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **School of Rock** Comedy. (2003, PG, 109min) ★★★★
1.25 AM **In & Out** Comedy. (1997, 12, 91min) ★★★
3.00 **Miss Congeniality 2: Armed and Fabulous** Comedy sequel. (2005, 12, 113min) ★★
5.00 **to 6.45** AM **Hope Springs** Romantic comedy drama. (2012, 12, 98min) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.05 AM **American Star** Thriller. (2023, 15, 107min) ★★★★
8.00 **Restless** Thriller. (2024, 15) ★★
9.35 **The Dry** Crime drama. (2020, 15, 117min) ★★★★
11.40 **Lethal Weapon 2** Thriller sequel. (1989, 15) ★★★★
1.40 PM **Detroit** Fact-based drama. (2017, 15, 143min) ★★★★
4.10 **The Bikeriders** Crime drama. (2023, 15, 116min) ★★★★
6.15 **Black Bag** Espionage thriller. (2024, 15, 94min) ★★★★



6.15 Black Bag

8.00 **Lethal Weapon 3** Action comedy thriller sequel starring Mel Gibson and Danny Glover. The mismatched LA cop partners pursue a violent gunrunner. With Rene Russo and Joe Pesci. (1992, 15, 118min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Speak No Evil** Horror thriller starring James McAvoy. A dream holiday turns into a nightmare when an American family stay at a British couple's idyllic estate. (2024, 15, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Psycho** Alfred Hitchcock's notorious horror chiller. (1960, b/w, 15, 109min) ★★★★★
2.00 AM **Sleepers** Fact-based drama starring Kevin Bacon. (1996, 18, 146min) ★★★
4.40 **to 7.00** AM **Chinatown** Roman Polanski's thriller. (1974, 15, 131min) ★★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Leave Her to Heaven** Melodrama. (1945, U) ★★★
1.15 PM **Halls of Montezuma** World War Two drama. (1950, U, 109min) ★★★
3.30 **Sailor of the King** War drama. (1953, b/w, U, 85min) ★★★
5.15 **Tomahawk** Western. (1950, PG, 82min) ★★
6.55 **The Day the Earth Stood Still** Sci-fi thriller remake. (2008, 12, 104min) ★★

9.00 The Creator

The Day the Earth Stood Still (film started at 6.55pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **The Creator** Sci-fi action thriller starring John David Washington and Gemma Chan. An ex-Special Forces operative hunts the architect of an artificial intelligence that threatens humankind's existence. (2023, 12, 133min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.40 PM **to 3.15** AM **A Hidden Life** Terrence Malick's epic drama starring August Diehl. Austrian farmer Franz Jagerstatter faces execution by the Nazis when he refuses to fight during World War Two. With Valerie Pachner, Matthias Schoenaerts, Michael Nyqvist and Jürgen Prochnow. Partly subtitled. (2019, 12, 174min) ★★★★

11 PM

+1hour 314 430 47 301 257

Sky Cinema Horror Hits

302 302 402 502 516

6.50 AM **Until Dawn** Horror with Ella Rubin. (2025, 15, 99min) ★★★
8.35 **The Nun** Horror starring Taissa Farmiga. (2018, 15, 96min) ★★★
10.25 **Annabelle** Horror with Annabelle Wallis. (2014, 15, 97min) ★★
12.10 PM **Annabelle: Creation** Horror. (2017, 15, 109min) ★★★
2.05 **I Know What You Did Last Summer** Horror reboot. (2025, 15, 119min) ★★★
4.05 **M3GAN 2.0** Sci-fi thriller sequel. (2025, 15, 120min) ★★★
6.15 **A Quiet Place** Horror thriller starring Emily Blunt and John Krasinski, who also directed. (2018, 15, 90min) ★★★★
8.00 **A Quiet Place: Day One** Horror prequel starring Lupita Nyong'o, Joseph Quinn and Alex Wolff. (2024, 15, 100min) ★★★★
9.45 **28 Years Later** Danny Boyle's horror sequel with Jodie Comer and Aaron Taylor-Johnson. (2025, 15, 115min) ★★★★
11.45 **Salem's Lot** Horror thriller. (2024, 15, 109min) ★★★
1.45 AM **The Crazies** Horror remake. (2010, 15, 101min) ★★★★
3.30 **The Radleys** Horror comedy. (2024, 15, 115min) ★★★
5.25 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Greats

304 304 404 504 518

6.25 AM **Waterworld** As 4.00am.
8.40 **Mars Attacks!** As 4.10pm.
10.30 **Ghostbusters** Spooky comedy. (1984, 12, 105min) ★★★★
12.20 PM **Ghostbusters II** Supernatural comedy sequel. (1989, PG, 99min) ★★★
2.10 **Blade Runner** Futuristic thriller. (1982, 15, 130min) ★★★★★
4.10 **Mars Attacks!** Sci-fi spoof. (1996, 12, 106min) ★★★★
6.00 **Back to the Future** Time-travel comedy starring Michael J Fox. (1985, PG, 115min) ★★★★★
8.00 **Back to the Future Part II** Comedy adventure sequel with Michael J Fox and Christopher Lloyd. Marty McFly is whisked into the future where he has to save his son from dire trouble. (1989, PG, 107min) ★★★
9.50 **Back to the Future Part III** Comedy adventure sequel with Michael J Fox and Christopher Lloyd. (1990, PG, 112min) ★★★★
11.50 **Interview with the Vampire** Horror starring Tom Cruise. (1994, 18, 122min) ★★★★
1.55 AM **The Exorcist** Occult horror. (1973, 18, 121min) ★★★★★
4.00 **to 6.15** AM **Waterworld** Sci-fi adventure with Kevin Costner. (1995, 12, 134min) ★★★

Sky Cinema Animation

305 305 405 500 514

6.15 AM **Scarygirl** Animated fantasy. (2023, PG, 90min) ★★★
7.50 **Penguins of Madagascar** Animated family comedy. (2014, U, 88min) ★★★★
9.30 **The Emoji Movie** Animated adventure. (2017, U, 83min) ★
11.05 **Sneaks** Animated comedy. (2025, PG, 92min) ★★
12.45 PM **Pil's Adventures** Animated adventure. (2021, U, 89min) ★★
2.20 **Monsters vs Aliens** Animation. (2009, PG, 90min) ★★★
4.00 **Despicable Me 4** Animated sequel. (2024, U, 94min) ★★★
5.45 **The Garfield Movie** Animation. (2023, U, 101min) ★★★
7.30 **Transformers One** Animated sci-fi adventure featuring the voice of Chris Hemsworth. (2024, PG, 104min) ★★★★
9.30 **Shark Tale** Animated comedy. (2004, U, 90min) ★★★★
11.15 **Deep Sea** Animated adventure. (2023, PG, 112min) ★★★
1.20 AM **Batman Unlimited: Monster Mayhem** Animation. (2015, PG, 76min) ★★★
2.55 **Teen Titans Go! & DC Super Hero Girls: Mayhem in the Multiverse** (2022, PG) ★★★
4.25 **to 6.00** AM **Buffalo Kids** Animation. (2024, U) ★★★

Movies 24

312 313 419

7.00 AM **The Magic of Lemon Drops** Romantic fantasy. (2024, PG, 84min) ★★
9.00 **A Match in Manhattan** Drama. (2024, PG, 90min) ★★
11.00 **The Blessing Bracelet** Drama. (2023, PG, 90min) ★★
1.00 PM **Love Under the Lemon Tree** Comedy. (2022, PG, 88min) ★★
3.00 **Planning on Forever** Romantic comedy. (2022, PG, 89min) ★★
5.00 **Finding Love in Saint Lucia** Drama. (2023, PG, 90min) ★★
7.00 **My Argentine Heart** Romantic comedy starring Julie Gonzalo. (2025, PG, 84min) ★★
9.00 **Heartstrings Attached** Romantic drama with Morgan Bradley and Chris Connell. A former musical child prodigy offers to tutor a gifted young violinist, and falls for the girl's father. (2024, PG, 90min) ★★
11.00 **The Proposal Spot** Romantic drama. (2023, PG, 90min) ★★
1.00 AM **Signs of Your Heart** Romantic comedy drama. (2023, PG, 89min) ★★
3.00 **to 5.00** AM **An Easter Bloom** Drama with Aimee Teegarden. (2024, PG, 84min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **What's On TPTV with Noel**
6.10 **The Happiness of Three Women** Comedy. (1954, b/w, U) ★★★
7.45 **Love in Pawn** (1953, U) ★
9.20 **Look at Life**
9.30 **Night Train for Inverness** Thriller. (1960, b/w, U) ★★★
10.50 **Blood of the Vampire** Gory horror. (1958, 18, 85min) ★★
12.35 PM **The Shop at Sly Corner** Drama. (1946, b/w, PG) ★★
2.25 **The Brothers** 12/16. (S7)
3.30 **Dial 999** 39/39. (S1)
4.00 **The Four Feathers** Remake of the classic adventure tale. (1978, U, 95min) ★★
6.05 **A Lifetime Ago with The Baim Collection**
6.30 **Those British Faces: A Tribute to Anna Neagle**
7.00 **Out of Town**
7.30 **Scotland Yard** 23/39. (S1)
8.05 **Buccaneer** 2/13. (S1)
9.10 **The Appointment** Horror. (1981, 15, 90min) ★★★
11.00 **The Day of the Triffids** Sci-fi thriller. (1962, 12, 95min) ★★
1.00 AM **Budgie** 9/13. (S1)
2.00 **The Cat from Outer Space** Fantasy. (1978, U, 103min) ★★★
4.05 **Melody Club** Musical comedy. (1949, b/w, U, 64min) ★★★
5.25 **to 6.00** AM **Sherlock Holmes**

WEDNESDAY Sport 4 March

Wednesday

Sky Sports Main Event

401 401 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
10.00 **Sky Sports FC**
12.00 NOON **Lunchtime Live**
1.00 PM **LIVE Men's T20 World Cup** Coverage from the first semi-final.
5.00 **The Premier League Show**
7.00 **LIVE SPFL Aberdeen v Celtic.** Coverage of the Scottish Premiership match staged at Pittodrie. Celtic have won both meetings against Aberdeen this season including a 2-0 victory at this ground back in August. A goal in both halves from Benjamin Nygren and Reo Hatate gave the visitors a comfortable win in that match, while the most recent meeting at Celtic Park in December saw Celtic win 3-1. Kick-off **8.00pm**.
10.30 PM **to 6.00** AM **LIVE WTA & ATP Tennis** Coverage of day one of the Indian Wells Open at Indian Wells Tennis Garden. There was mixed fortunes for the British women at the corresponding stage last year, with Emma Raducanu losing 6-3 6-2 to Moyuka Uchijima, and Sonay Kartal beating Varvara Lepchenko 7-6 6-2.

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
9.00 **Netbusters** Recent action.
9.30 **Transfer 360** Robbie Fowler.
10.00 **Sky Sports FC**
12.00 NOON **Premier League Years** Clpis from the 2014/15 season.
2.00 PM **PL Retro** Manchester United v Tottenham Hotspur in 1998/99.
4.00 **Netbusters** Fast-paced highlights using alternative angles.
4.30 **Transfer 360** Why Robbie Fowler left Liverpool for Leeds United.
5.00 **The Premier League Show** A daily guide to the top flight.
7.00 **Gillette Labs Soccer Special** The full story of the evening's football, with the team on hand to provide all the latest updates and goal alerts from the games.
10.30 **Premier League Stories** Behind the scenes of the Premier League.
11.00 **Premier League Years** A look back at memorable moments from the 2015/16 season.
1.00 AM **PL Retro** Manchester City v Queens Park Rangers from 2012.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **EFL Cup Retro** From 2011.
8.00 **Best Scottish Premiership Goals** Archive highlights.
9.00 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **EFL Rivalries** East Midlands.
11.30 **Jimmy Glass: The Great Escape**
12.00 NOON **EFL League One Goals**
12.30 PM **EFL League Two Goals**
1.00 **EFL Highlights** Championship.
1.45 **SPFL Highlights**
2.15 **Bundesliga Highlights Show**
3.15 **EFL Highlights**
3.30 **EFL League One Goals**
4.00 **EFL League Two Goals**
4.30 **Bundesliga** Recent action.
5.00 **EFL Highlights** Championship.
6.30 **SPFL Highlights**
7.00 **LIVE SPFL Aberdeen v Celtic.** Coverage of the Scottish Premiership match from Pittodrie. Kick-off **8.00pm**.
10.30 **1983: When Aberdeen Ruled Europe** Documentary.
11.30 **EFL Greatest Games**
12.00 M'T **EFL Trophy** A semi-final.
12.30 AM **EFL Cup Retro**
2.30 **Celtic's Invincibles**
3.30 **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **to 6.00** AM **SPFL**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **Men's T20 World Cup**
9.00 **The History of the Men's T20 World Cup**
12.00 NOON **The Story of the Men's T20 World Cup Final 2024**
1.00 PM **LIVE Men's T20 World Cup** Coverage from the first semi-final.
5.00 **Best of ICC WT20** India v Pakistan in the 2007 final.
5.15 **Best of England v South Africa** Action from the 2011 match.
5.30 **The Story of the Men's T20 World Cup Final 2024**
6.30 **Men's T20 World Cup**
7.00 **Men's T20 World Cup – The Greatest Matches**
7.30 **Men's T20 World Cup** Action from India v Pakistan held at R. Premadasa Stadium, Colombo. **8.00** The first semi-final.
9.00 **Men's T20 World Cup Review**
9.30 **Men's T20 World Cup** Action from the first semi-final.
10.30 **Men's T20 World Cup Review**
11.00 **Men's T20 World Cup** South Africa v Afghanistan at Narendra Modi Stadium in Ahmedabad. **11.30** Sri Lanka v New Zealand from R.Premadasa Stadium.
12.00 M'T **to 6.00** AM **Men's T20 World Cup**

Sky Sports Golf

406 406 506 423 443

6.00 AM **TGL** Los Angeles v New York.
8.00 **Ladies European Tour Golf**
10.00 **TGL** The Bay v Jupiter Links.
12.00 NOON **LPGA Tour Golf**
4.00 PM **Golf Academy**
5.00 **PGA Tour Golf** From Florida.
6.00 **DP World Tour Golf**
6.30 **Beyond the Scorecard**
7.00 **PGA Tour: The Cut**
7.30 **HotelPlanner Tour Golf Highlights** The Jonsson Workwear Open in Durban.
8.00 **Legends Tour Golf**
9.00 **TGL** The Bay v Jupiter Links from SoFi Center in Palm Beach.
11.00 **PGA Tour Golf** Cognizant Classic.
12.00 M'T **PGA Tour: The Cut**
12.30 AM **How the 1999 Ryder Cup Was Won** In Massachusetts.
3.00 **Nick Dougherty's Tee Time Tips**
4.00 **to 6.00** AM **LIVE LPGA Tour Golf** Coverage from the opening day's play of the Blue Bay LPGA staged at Jian Lake Blue Bay Golf Club on Hainan Island in China.

Sky Sports Tennis

408 408 508 425 445

6.00 AM **ATP/WTA Tour Classics**
9.00 **Tennis** Eisenhower Cup.
11.00 **WTA & ATP Tennis**
1.00 PM **Tennis** Eisenhower Cup.
3.00 **ATP Tour This Week**
3.30 **Tennis** Indian Wells Open review.
5.00 **Tennis** Eisenhower Cup.
7.00 **to 6.00** AM **LIVE WTA & ATP Tennis** Coverage of the opening day's play of the Indian Wells Open, a hard-court tournament staged at Indian Wells Tennis Garden, featuring matches from the first round. At the corresponding stage last year, Emma Raducanu lost 6-3 6-2 to Japan's Moyuka Uchijima and Sonay Kartal defeated American Varvara Lepchenko 7-6 6-2.

TNT Sports 1

410 413 521 408 430

6.00 AM **Rolex SailGP Championship**
7.00 **Serie A** Action from Italy.
9.00 **PREM Rugby Cup**
10.00 **LIVE Ski Mountaineering** The sprint race in Shahdag, Azerbaijan.
11.00 **Crouchy and Cole**
11.15 **MotoGP Rewind**
11.30 **Cycling Pro Series**
1.30 PM **LIVE Men's Cycling Pro Series** The Laigueglia Trophy.
3.00 **The Cycle** The world of cycling.
4.15 **The Gruppetto** Cycling news.
4.30 **Serie A – Full Impact**
5.00 **Ally's Social Club**
5.45 **Match Officials Mic'd Up**
6.15 **The Breakdown**
6.30 **Premier League Breakdown**
7.00 **LIVE Premier League Newcastle United v Manchester United.** The top-flight match from St. James' Park. Kick-off **8.15pm**.
11.00 **Fight Week** UFC 326 preview.
11.30 **UFC Countdown** UFC 326.
12.15 AM **UFC Greatest Fights**
12.45 **Champions League Magazine**
1.15 **TNT Sports Reload**
1.30 **Rolex SailGP Championship**
2.30 **LIV Golf** First and second rounds.
4.30 **to 6.00** AM **LIVE LIV Golf** The first day of the third round of the season at Hong Kong Golf Club.

TNT Sports 2

411 414 522 409 431

6.00 AM **Premier League**
12.00 NOON **Premier League Stories** A round-up of all the latest news from the top flight.
12.30 PM **Kenny Allstar's Number 1's** An interview with Noni Madueke.
12.45 **Premier League** Wolverhampton Wanderers v Liverpool. **2.15** Leeds United v Sunderland. **3.45** A chance to see Everton v Burnley at Hill Dickinson Stadium. **5.15** Bournemouth v Brentford staged at Vitality Stadium.
6.45 **Kenny Allstar's Number 1's** An interview with Noni Madueke.
7.00 **LIVE Premier League Brighton & Hove Albion v Arsenal.** Coverage of the top-flight game at the AMEX Stadium. The visitors are on a good run of form against the Seagulls and haven't lost to them since May 2023, a run that stretches back six matches. Kick-off **7.30pm**.
10.00 PM **to 6.30** AM **LIVE Women's One-Day International Cricket New Zealand v Zimbabwe.** Coverage of the first ODI in the three-match series staged at University Oval in Dunedin.

Sky Sports Action

412 410 510 426 446

6.30 AM **Super League** A replay of Hull Kingston Rovers v St Helens. **9.30** A replay of Hull Kingston Rovers v Catalans Dragons.
12.30 PM **Super League Highlights**
1.00 **Good Morning Football**
3.00 **NFL Highlights**
4.00 **Super League Highlights**
4.15 **Women's Super League**
4.30 **Super League Highlights**
5.00 **NFL Highlights**
6.00 **NBC's Pro-Football Talk**
8.00 **NBA on Fire** The latest news.
8.30 **NBA Basketball** Los Angeles Lakers v Golden State Warriors.
10.30 **NFL Bitesize Highlights** Arizona Cardinals v Jacksonville Jaguars. **10.45** Action from San Francisco 49ers v Carolina Panthers.
11.00 **NFL Highlights** Chicago Bears v Los Angeles Rams at Soldier Field.
12.00 M'T **The Insiders** The latest news covering all 32 NFL teams.
1.00 AM **Super League Highlights**
1.15 **Women's Super League**
1.30 **Super League Highlights**
2.00 **Super League** Hull Kingston Rovers v Salford Red Devils.
4.30 **Super Bowl LX Bitesize Highlights**
4.45 **to 6.00** AM **NFL Bitesize Highlights**

Sky Sports Sky Sports+

404 404 504 427 447

6.30 AM **Sky Sports News** With live analysis, comment and extended interviews with headline-makers.
7.00 **Sky Sports Breakfast**
10.00 **Sky Sports FC**
12.00 NOON **Lunchtime Live**
2.00 PM **Sports Desk** Sports news with live analysis and comments.
5.00 **The Premier League Show** A daily guide to the top flight.
7.00 **LIVE EFL Trophy Luton Town or Plymouth Argyle v Northampton Town.** Coverage of the semi-final match staged at Kenilworth Road or Home Park. Kick-off **7.30pm**.
10.00 PM **to 6.00** AM **LIVE WTA & ATP Tennis** Coverage of the opening day's play of the Indian Wells Open, a hard-court tournament staged at Indian Wells Tennis Garden in California, featuring matches from the first round. There was mixed fortunes for the British women at the corresponding stage last year, with Emma Raducanu losing 6-3 6-2 to Japan's Moyuka Uchijima, and Sonay Kartal progressing to round two by defeating American Varvara Lepchenko 7-6 6-2.

Sky Sports Mix

416 412 511 429 449

6.00 AM **EFL Greatest Games**
7.00 **Indycar** Action from Florida.
8.00 **Super League Highlights**
9.00 **PGA Tour Golf** In Florida.
10.00 **TGL** Action from SoFi Center.
2.00 PM **PL Greatest Games**
3.00 **ICC Men's T20 World Cup**
4.00 **Ladies European Tour Golf**
6.00 **ATP Tennis** Santiago Open.
7.00 **PGA Tour Golf** Cognizant Classic.
8.00 **Indycar** The Firestone Grand Prix of St. Petersburg in Florida.
9.00 **Hull KR Renaissance**
10.30 **EFL Greatest Games**
11.00 **Men's T20 World Cup**
12.00 M'T **PL Greatest Games**
1.00 AM **TGL** Action from Florida.
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **T20 World Cup**

TNT Sports 3

413 415 523 410 432

6.00 AM **Women's Cycling Pro Series**
7.00 **Men's Cycling Pro Series**
8.00 **Supercars Championship**
10.00 **Rolex SailGP Championship**
11.00 **Welsh Open Snooker**
1.00 PM **MotoGP** From Thailand.
5.30 **TNT Sports Reload**
6.00 **Discovery Golf** The latest news.
6.30 **Kenny Allstar's Number 1's**
6.45 **The Breakdown**
7.00 **LIVE Premier League Aston Villa v Chelsea.** Coverage of the top-flight match staged at Villa Park. The reverse fixture back in late December saw Ollie Watkins score twice in the second half to turn the game on its head and earn the Villains a 2-1 victory. Kick-off **7.30pm**.
10.00 **The Muddy Roots of Football**
11.00 **MotoGP Highlights**
12.00 M'T **Serie A – Full Impact**
12.30 AM **Premier League Stories**
1.00 **Premier League**
5.30 **to 6.00** AM **A-League**

TNT Sports 4

414 416 524 411 434

6.00 AM **Alpine Skiing**
8.00 **Ski Jumping World Cup**
10.00 **The Breakdown**
10.30 **The Emirates FA Cup**
3.30 PM **Serie A** Action from Italy.
5.30 **Ultimate Pool** Highlights.
7.00 **LIVE Premier League Manchester City v Nottingham Forest.** Coverage of the top-flight match from the Etihad Stadium. The visitors have a poor recent record against Pep Guardiola's side having only won two of the previous 13 meetings between the two sides. Kick-off **7.30pm**.
10.00 **Fight Week** A preview of the stacked card for UFC 326.
10.30 **Serie A – Full Impact**
11.00 **Men's Cycling Pro Series**
12.00 M'T **Discovery Golf**
12.30 AM **TNT Sports Reload**
1.00 **Premier League**
4.00 **UFC Countdown**
4.45 **TNT Sports Reload**
5.00 **to 6.00** AM **Men's Cycling**

Premier Sports 1

419 551

6.00 AM **NASCAR Highlights**
7.00 **Football** Highlights.
11.00 **Sporting Greats**
11.30 **Rugby Union Highlights**
1.00 PM **Eredivisie Highlights**
2.00 **NHL on the Fly**
3.00 **Football** Highlights and features.
4.30 **Top 14 Rugby Union Highlights**
5.00 **Copa Del Rey**
6.55 **Football's Greatest**
7.25 **Women's Football Weekly**
7.55 **LIVE Coppa Italia Lazio v Atalanta.** Coverage of the semi-final first-leg held at Stadio Olimpico. Kick-off **8.00pm**.
10.00 **LaLiga Match Highlights**
11.00 **Football's Greatest**
11.30 **Rugby Union Highlights**
1.00 AM **NHL Ice Hockey**
3.00 **to 6.00** AM **LIVE NHL Ice Hockey Anaheim Ducks v New York Islanders.** Coverage of the inter-conference match from Honda Center. Face-off **3.00am**.

Premier Sports 2

420 552

6.00 AM **Temples of Sport**
7.00 **Top 14 Rugby Union** A chance to see Castres v La Rochelle.
9.00 **NHL Ice Hockey** Boston Bruins v Pittsburgh Penguins.
11.00 **Temples of Sport**
11.30 **Coppa Italia** Another chance to see FC Como v Inter Milan.
1.30 PM **Football's Greatest**
2.30 **Top 14 Rugby Union** A replay of Clermont Auvergne v Bayonne. **4.30** Pau v Bordeaux Begles.
6.30 **Eredivisie** Twente v Feyenoord.
8.30 **Football's Greatest**
9.00 **Top 14 Rugby Union**
11.00 **Temples of Sport**
11.30 **NHL Specials** Florida Panthers.
12.00 M'T **LIVE NHL Ice Hockey New Jersey Devils v Toronto Maple Leafs.** The Eastern Conference match at Prudential Center. Face-off **12.00m't**.
3.00 AM **Temples of Sport**
3.30 **Football's Greatest**
4.00 **to 6.00** AM **Eredivisie**

Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 1** From Melbourne.
9.00 **The F1 Show: Lights Out**
10.00 **Formula 1** Australian Grand Prix.
11.00 **Testing Wrap** Pre-season review.
11.30 **The F1 Show: Lights Out**
12.30 PM **Formula 1** Highlights.
1.30 **The F1 Show: Lights Out**
2.30 **Formula 1** Australian Grand Prix.
5.30 **The F1 Show: Lights Out**
6.30 **Formula 1** From Melbourne.
9.30 **The F1 Show: Lights Out**
10.30 **Formula 1** Australian Grand Prix.
1.30 AM **Cycle to Work with Leclerc**
1.40 **F1 Explained: Driver Extraction**
1.45 **Oscar Piastri IV**
2.00 **The F1 Show: Lights Out**
3.00 **F1 Drivers Press Conference**
3.45 **Formula 1** Australian Grand Prix.
4.05 **Red Bull Pitstop**
4.15 **The F1 Show: Lights Out**
5.15 **to 6.00** AM **F1 Drivers Press Conference**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Thursday

5 March

Evening Planner

Factual

Crufts

C4 & More4, from 3pm

Ellie Simmonds, Claudia Winkleman and Clare Balding present coverage of the dog show, from Birmingham's NEC.

Travelogue

Alexander Armstrong in India

5, 8pm

The *Pointless* presenter sets off on a passage across India, starting in Mumbai.

Documentary

Molly vs the Machines

C4, 9pm

A father, Ian Russell, takes on big tech companies in a fight for online safety, following the death of his daughter, Molly.

OnDemand

NETFLIX

Vladimir

Available today

Rachel Weisz stars in this drama as a college professor who develops an obsession with a younger colleague (Leo Woodall).

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show †	7.30 EastEnders	8.00 Dragons' Den		9.00 The Apprentice		10.00 News; Local News	10.40 Question...
	102 BBC2	7.00 Great British Menu		8.00 This Farming Life		9.00 Murder Case: The Hunt for Arlene...		10.00 Apprentice...	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Tonight †	8.00 Emmerdale	8.30 Coronation...	9.00 Prescription for Murder: True Crime...		10.00 News; Local News	
	104 CHANNEL 4	7.00 News	7.30 Crufts			9.00 Molly vs the Machines			
	105 5	7.00 Celebrity Puzzling		8.00 Alexander Armstrong in India		9.00 The Hotel Inspector		10.00 The X-Files	
	106 SKY ONE	7.00 The Simpsons		8.00 An Idiot Abroad		9.00 Micky Flanagan: If Ever We Needed It		10.15 Mr Bigstuff	
ENTERTAINMENT	115 BBC3	7.05 Deadly 60		8.00 Top Gear		9.00 Louis Theroux: Shooting Joe Exotic			10.30 Film: Green...
	116 BBC4	7.00 Canals...	7.30 Canal Walks...	8.00 The Normans		9.00 Film: Misery			10.40 Mark...
	118 ITV2	7.00 Wheel of Fortune		8.00 Ant & Dec's Limitless Win		9.00 The Heat		10.00 Family Guy	
	136 MORE4	‹ 6.30 Crufts	7.30 Kirstie and...	8.00 Grand Designs		9.00 The Antiques Riviera		10.00 24 Hours in A&E	
	135 E4	7.00 The Simpsons	7.30 MAFS UK Does...	8.00 The Great Celebrity Bake Off for...		9.00 Gogglebox		10.00 First Dates	
	107 SKY WITNESS	7.00 Police 24/7		8.00 Law & Order: Criminal Intent		9.00 FBI		10.00 Fire Country	
	108 SKY ATLANTIC	‹ 6.50 Game of Thrones				9.00 The Last of Us		10.05 The Pacific	
	110 U&GOLD	7.00 Porridge	7.40 Dad's Army		8.20 Are You Being Served?	9.00 The Royle Family		10.15 Men Behaving Badly	
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Vera				10.00 Endeavour	
	120 ITV4	7.00 Aussie Pickers		8.00 Ice Road Truckers		9.00 River Monsters	9.30 Film: Creed III		
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Sweet Home Alabama			
	145 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Westworld		10.05 The Leftovers	
	143 U&DRAMA	‹ 6.40 Last of the Summer Wine		8.00 Queens of Mystery		9.00 Blue Lights		10.20 New Tricks	
	109 U&ALIBI	7.00 Father Brown		8.00 Death in Paradise		9.00 Shakespeare & Hathaway		10.00 Father Brown	
	122 SKY ARTS	7.00 Landscape Artist of the Year				9.00 Classic Movies: The Story of The...		10.00 Classic Literature & Cinema	
	132 U&W	7.00 The Supervet: Noel Fitzpatrick		8.00 Honest Renovations		9.00 DIY SOS: The Big Build			
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers				9.00 Ed Stafford's Rite of Passage		10.00 In the Eye of the Storm	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Blood Ivory		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Car S.O.S.				10.00 Northwoods Survival	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Viking Dead		9.00 History's Deadliest With Ving Rhames		10.00 The UnBelievable with Dan Aykroyd	
	155 U&YESTERDAY	7.00 Simon Reeve's Return to Cornwall		8.00 Bangers & Cash		9.00 Hunting Outback Gold		10.00 Bangers & Cash	
	114 SKY DOCS	7.00 David Frost Vs		8.00 Elise Christie – No Filter			9.40 My Mom Jayne		
FILMS – Sky Cinema	301 PREMIERE	‹ 6.15 Reckless		8.00 Jurassic World: Rebirth				10.20 Bring Her Back	
	302 HORROR HITS	‹ 5.50 Jaws		8.00 28 Years Later				10.00 Smile 2	
	303 BOOK DAY	‹ 6.00 The Hobbit: The Battle of the Five Armies			8.35 Wicked				
	304 GREATS	‹ 6.20 Ace Ventura: When Nature Calls		8.00 Shirley Valentine			9.55 Singin' in the Rain		
	305 ANIMATION	‹ 5.45 The Lego Movie 2...	7.45 Rango				9.45 Teen Titans Go! & DC Super Hero Girls: Mayhem...		
	306 FAMILY	‹ 6.00 Hook			8.30 Cats & Dogs			10.00 Cats & Dogs: The Revenge of Kitty...	
	307 ACTION	‹ 6.00 Godzilla x Kong: The New Empire		8.00 Spider-Man				10.05 Fast & Furious Presents Hobbs...	
	308 COMEDY	‹ 6.00 Ted 2		8.00 Bridget Jones's Baby				10.05 American Reunion	
	309 THRILLER	‹ 6.00 Lethal Weapon 3		8.00 Lethal Weapon 4				10.10 Chinatown	
	310 DRAMA	‹ 5.40 A Star Is Born		8.00 Nuremberg					10.40 I, Tonya
	311 SCI-FI	‹ 5.45 Constantine		8.00 Get Out			9.50 Nosferatu		
	313 FILM4	‹ 6.15 Bridge of Spies				9.00 Reality			10.40 Salt
SPORT	401 MAIN EVENT	7.00 Premier League Darts – Live: Coverage of the fifth night of the tournament from Utilita Arena Cardiff							
	402 PREMIER LEAGUE	7.00 Big Interview	7.30 PL Stories	8.00 Transfer 360		9.00 Big Interview	9.30 PL Stories	10.00 Transfer 360	
	403 FOOTBALL	7.00 EFL Goals		8.00 Bundesliga	8.45 EFL Highlights			10.00 Bundesliga...	10.30 EFL Goals
	405 CRICKET	‹ 6.30 The Story of...	7.30 ICC Men's T20 World Cup			9.00 ICC Men's T20...	9.30 ICC Men's T20 World Cup		10.30 ICC Men's...
	410 TNT SPORTS 1	7.00 Premier League – Live: Tottenham Hotspur v Crystal Palace (Kick-off 8.00)							
	411 TNT SPORTS 2	‹ 6.30 Cycling Pro...	7.30 Crouchy and...	8.00 MLB – Live: Cincinnati Reds v Los Angeles Dodgers (Start-time 8.05)					

‹ Denotes programmes starting before 7.00pm † Regions vary

THURSDAY

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Thursday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Crimewatch Live** New edition (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Bear Grylls: Wild Reckoning** New edition A couple can't agree on what house to buy. (S)(AD)
2.30 **Celebrity Escape to the Country** With Jenny Ryan. (S)(R)(AD)
3.00 **Escape to the Country** (S)(R)(AD)
3.45 **Clean It, Fix It** (S)(R)
4.30 **Celebrity Antiques Road Trip** New edition With Chris Kamara, Ade Adepitan and Judy Murray. (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.00 The Apprentice

7 PM

7.00 **The One Show** Alex Jones and Roman Kemp present the topical show. (S)
7.30 **EastEnders** Julie is furious to discover Clare and Lexi have discharged Nigel without telling her. (S)(AD)

8 PM

8.00 **Dragons' Den** New edition 6/14. Founder of Tropic Skincare, Susie Ma, joins the Dragons to hear pitches for a nose-friendly home composter, a pre-loved kitchen business and a DIY drinks infusion kit. (S)(AD)

9 PM

9.00 **The Apprentice** New edition 6/12. Lord Sugar challenges the remaining candidates to organise corporate away days in Egypt. (S)(AD)
■ *The Apprentice: Unfinished Business* follows on BBC2

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Question Time** Fiona Bruce hosts the topical debate, with a panel of politicians and other guests facing questions from the audience in Kettering. (S)
11.40 **Newscast** A panel of journalists host a weekly round-up from Westminster, delivering the usual mix of serious political analysis and light-hearted gossip. (S)
12.10 AM **Michael McIntyre's Big Show** Tasha Ghouri helps surprise an inspirational Unexpected Star of the Show, and Jade Thirlwall hands over her phone for Send to All. Plus, music by Jack Savoretti. (S)(R)(AD)
1.10 **Weather for the Week Ahead** (S)
1.15 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.00 AM **Bear Grylls: Wild Reckoning**
6.30 **Celebrity Antiques Road Trip** (R)
7.15 **Escape to the Country** (S)(R)(AD)
8.00 **Sign Zone: Gardeners' World** (R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **Unbeatable** Game show. (S)(R)
2.15 **The Boss** Quiz show. (S)(R)
3.00 **The Vintage French Farmhouse** From Sommières. (S)(R)
3.45 **Villages by the Sea** (S)(R)
4.15 **Italy's Invisible Cities** The hidden history of Naples. (S)(R)(AD)
5.15 **Flog It!** From Malvern. (S)(R)
6.00 **Richard Osman's House of Games** New edition Josh Jones, Sarah Keyworth, Melvin Odoom and Kimberly Wyatt take part. (S)
6.30 **Do You Know Your Place?** New edition From Bristol. (S)

10.00 The Apprentice: Unfinished...

7 PM

7.00 **Great British Menu** New edition It's judging day, and the two highest-scoring chefs from Scotland cook their six-course menus again. Guest judge Katherine Parkinson helps decide the winner. (S)(AD)

8 PM

8.00 **This Farming Life** New edition 2/12. Ally is hoping to make his mark at Dingwall show and market, while Adam and Lucy are under pressure to make the big move earlier than expected. (S)
■ Entire series on BBC iPlayer

9 PM

9.00 **Murder Case: The Hunt for Arlene Fraser's Killer** Series finale 2/2. Arlene's family and the police fight through courtrooms and appeal to uncover the truth about her disappearance. (S)(AD)
■ Entire series on BBC iPlayer

10 PM

10.00 **The Apprentice: Unfinished Business** New edition 6/12. Angela Scanlon and her guests analyse the Egypt task. (S)(AD)
10.30 **Newsnight** (S)
11.05 **AI Confidential with Hannah Fry** 2/3. Driverless cars. (S)(R)(AD)
12.05 AM **FILM The Best Man** Comedy starring Taye Diggs and Nia Long. Old college friends gathering for a wedding learn that one of the group has written a thinly disguised account of their student days. (S) (1999, 15, 115min) ★★★
2.00 **Sign Zone: Gladiators** (S)(R)(AD)
3.00 **Sign Zone: Great British Menu** (R)
4.00 **Sign Zone: Global Eye** (S)(R)
4.30 **to 6.45** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** Current affairs and lifestyle features. (S)
9.30 **Lorraine** Entertainment, current affairs and fashion news. (S)
10.00 **This Morning** Celebrity chat, advice and lifestyle features. (S)
12.30 PM **Loose Women** Celebrity interviews and studio discussion from a female perspective. (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Lingo** Word-based quiz show hosted by Adil Ray. (S)(R)
3.00 **Riddiculous** New edition Quiz show hosted by Ranvir Singh. (S)
4.00 **Tipping Point** New edition Game show hosted by Ben Shephard. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.30 Coronation Street

7 PM

7.30 **Tonight: Cars – What's Driving Up Costs?** New edition With the average cost of running a car now thought to be around £3,500 per year, reporter Paul Brand investigates how rising costs are affecting motorists. (S)

8 PM

8.00 **Emmerdale** Graham advises Cain to sell up, while there is a near miss for Jai and Kerry. (S)(AD)
8.30 **Coronation Street** Lily and Shona catch Jodie out, while Sally offers Carla and Lisa some parenting tips. (S)(AD)

9 PM

9.00 **Prescription for Murder: True Crime Presents** New edition Evie Adams seeks a loving family, but finds a man with a deadly secret. Eventually their hidden relationship unravels her dreams and leads to tragedy. (S)(AD)

10 PM

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **FILM Raiders of the Lost Ark** Steven Spielberg's adventure starring Harrison Ford. Buccaneering archaeologist Indiana Jones tries to stop the Ark of the Covenant from falling into Nazi hands. With Karen Allen. (S)(AD) (1981, PG, 110min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.35 AM **Teleshopping**
3.00 **Jimmy & Shivi's Farmhouse Breakfast** Jimmy Doherty and Shivi Ramoutar are joined by singer and *Songs of Praise* host Brenda Edwards. (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **The Floor** (S)(R)(AD)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 10-12/26. (S10) (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** (S4&5) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **LIVE Crufts** Claudia Winkleman and Clare Balding host coverage from the National Exhibition Centre in Birmingham. (S)
4.00 **A New Life in the Sun** (S)(R)
5.00 **Four in a Bed** New edition The final visit is to Nottinghamshire glampsite Peacock Lake. (S)
5.30 **Come Dine with Me** New edition Children's doctor Sophie hosts the fourth night in south Wales. (S)
6.00 **A Place in the Sun** A property search in Lower Normandy. (S)(R)

9.00 Molly vs the Machines

7 PM

7.00 **News** (S)
7.30 **LIVE Crufts** Clare Balding and Claudia Winkleman report as the show gathers pace with the judging of the Working Group, in which the winner will go through to Sunday's prestigious Best in Show final. Plus, athleticism and speed are judged in the Agility and Flyball. Commentary comes from Jim Rosenthal and Graham Partridge. (S)

9 PM

9.00 **NEW Molly vs the Machines** Documentary following Ian Russell's fight for online safety after his teenage daughter Molly took her own life as a result of depression and negative social media content. (S)(AD)

10 PM

10.50 **Gogglebox** The armchair critics share their opinions on what they have been watching during the past week, with cameras capturing their instant reactions and lively discussions. (S)(SL)(R)(AD)
11.50 **Lake District Rescue** A man suffers a broken leg on the Corridor Route to Scafell Pike. (S)(R)(AD)
12.45 AM **Ramsay's Kitchen Nightmares USA** (S)(SL)(R)
1.35 **FILM French Exit** Comedy drama starring Michelle Pfeiffer. (S)(SL) (2020, 15, 110min) ★★★
3.25 **Find It, Fix It, Flog It** (S)(R)
3.45 **Our Welsh Chapel Dream** (S)(R)
4.40 **The Great Pottery Throw Down**
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Discussion. (S)
3.00 **The Good Ship Murder** 4/7. An influencer party on a Gozo beach turns deadly when its host is found dead. (S2) (S)(R)
4.00 **Bargain-Loving Brits in the Sun** New edition Val tries to reclaim her sales crown by going viral with her make-up tutorials. (S)
5.00 **News** (S)
6.00 **Love Nature** New edition Focusing on Atlantic puffins living on the island of Fidra. (S)
6.05 **The Motorway** A woman tries to wave down passing traffic. (S)(R)
6.55 **News** (S)

9.00 The Hotel Inspector

7.00 Celebrity Puzzling New edition Jeremy Vine and team captains Carol Vorderman and Sally Lindsay are joined by Fay Ripley and Greg Rutherford. (S)
7.55 News (S)

8.00 NEW SERIES Alexander Armstrong in India 1/3. The presenter embarks on a journey across India, beginning with a look at Mumbai, the country's loudest and most crowded city. *See feature, page 21.* (S)(AD)

9.00 The Hotel Inspector New edition Alex Polizzi heads to Bognor Regis on Sussex coast to check into the Navigator, a once-proud seafront hotel that is now fighting for survival. (S)(AD)

10.00 The X-Files *Bad Blood:* 12/20. Mulder kills a teenager he thought was a vampire, and as he and Scully try to get their very different stories straight, the boy seemingly rises from the grave. (S5) (S)(R)

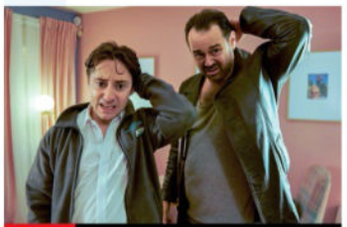
11.05 **Killer on the Run** New edition
12.05 AM **5 Mistakes That Caught a Killer** Harold Shipman. (S)(R)
1.00 **Teleshopping** (S)(R)
2.30 **Friends** 20/25. (S3) (S)(R)(AD)
2.55 **Adrian Dunbar's Scenic Ireland**
3.45 **Save Money on Your Supermarket Shop** (S)(R)
4.35 **Paul Martin's Antiques Showdown** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128 | 253

SKY ONE

106 106 | 109 | 346 | 361

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Stargate SG-1** (S1) (S)(R)
9.00 **NCIS: Los Angeles** (S13) (S)(R)
10.00 **Will & Grace** (S1) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **David Attenborough's Kingdom of Plants** (S)(R)(AD)
1.00 PM **Hawaii Five-0** (S1) (S)(R)
2.00 **NCIS: Los Angeles** (S13) (S)(R)
3.00 **S.W.A.T.** 8/22. (S1) (S)(R)(AD)
4.00 **Police 24/7** 8/10. (S1) (S)(R)
5.00 **The Simpsons** *Love Is a Many Strangled Thing:* Homer enrols on a fathering course. (S)(R)
5.30 *How Munched Is That Birdie in the Window?* A psychiatrist recommends the family rehome Santa's Little Helper. (S)(R)
6.00 **The Office (US)** 11 & 12/19. Double bill. (S4) (S)(R)



10.15 Mr Bigstuff

7.00 The Simpsons *The Great Simpsina:* Marge becomes obsessed with peach-based desserts. (S)(R) **7.30** *The Real Housewives of Fat Tony:* Fat Tony and Selma get married after a whirlwind romance. (S)(R)

8.00 An Idiot Abroad 1/8. First-ever edition of the series. Ricky Gervais and Stephen Merchant send their friend and former radio producer Karl Pilkington on a world tour, beginning with a visit to China. (S)(R)

9.00 Micky Flanagan: If Ever We Needed It A stand-up show by the comedian, who discusses life since turning 60 and growing older, and reflects on the changes in the world around him. (S)(R)

10.15 Mr Bigstuff 1/6. A man faces chaos when his estranged brother turns up. Stars Danny Dyer and Ryan Sampson. (S)(R)(AD) **10.45** 2/6. Lee remains determined to track down Steve. (S1) (S)(R)(AD)

11.15 **The Dyers' Caravan Park** 3/6. Sales are still lagging at Priory Hill. (S)(R)(AD)
12.15 AM **Grimm** 8/22. A prison escapee comes looking for revenge. (S1) (S)(R)
1.10 **Police 24/7** (S)(R)
2.00 **NEW SERIES Ted** 1&2/8. Return of the comedy spin-off with the voice of Seth MacFarlane. (S2)
3.30 **Hawaii Five-0** 8/24. (S1) (S)(R)
4.30 **S.W.A.T.** 8/22. (S1) (S)(R)(AD)
5.30 **to 6.00** AM **Highway Patrol** (R)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
11.30am Marcus Wareing Simply Provence (S)(R) **12.00noon-1.00pm** First Minister's Questions (S) **7.00-7.30pm** River City (S)(R)(AD) **12.10am** Scotcast (S)(R) **12.40** Michael McIntyre's Big Show (S)(R)(AD) **1.40** Weather for the Week Ahead (S) **1.45-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm The View (S) **11.20** Question Time (S) **12.20am** Newscast (S) **12.50** Michael McIntyre's Big Show (S)(R)(AD) **1.50-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
11.05pm Spotlight (S)(R) **11.35** Al Confidential with Hannah Fry (S)(R)(AD) **12.35am** LS Lowry: The Unheard Tapes (S)(R)(AD) **1.35-2.00am** BBC News (S)

WALES
Sky 968, Freesat 968
8.00pm Scrum V: The Warm Up (S) **8.30** This Farming Life New edition (S) **9.30-10.00pm** QI (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Richard Holt: Yr Academi Felys (AD) **12.30** Heno **1.00** Y Byd ar Bedwar **1.30** Y Deis **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Radio Fa'ma (AD) **4.00** Awr Fawr **5.00** Stwnsh **6.00** Stiwdio24/7 **6.30** Ciao! Colleen Ag Owain (AD) **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm (AD) **8.25** Rownd a Rownd (AD) **8.55** Newyddion a'r Tywydd **9.00** Jonathan New edition **10.05** Tanau'r Lloer **11.35pm-12.10am** Cysgu O Gwmpas (AD)

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

7.00 PM **The Catch Up**
7.05 **Deadly 60** Steve Backshall explores Namibia's wildlife. **7.30** Steve searches for Africa's big cats in Namibia.
8.00 **Top Gear** The presenters find three affordable small cars, and James May meets rally driver Ken Block.
9.00 **Louis Theroux: Shooting Joe Exotic** Louis returns to Oklahoma to explore what has happened since his 2011 documentary *America's Most Dangerous Pets*, with Joe Exotic now residing in a federal prison.
10.30 **FILM Green Book** Drama starring Viggo Mortensen and Mahershala Ali. In the 1960s, a working-class bouncer becomes the driver of an African-American classical pianist. With Linda Cardellini. (2018, 12, 130min) ★★★★
12.35 AM **Top Gear** As 8.00pm.
1.35 **Louis Theroux: Shooting Joe Exotic** As 9.00pm.
3.05 **My Mate's a Bad Date**
3.25 **to 3.50** AM **Dinosaur**

BBC4

116 119 | 107/108 | 9/24 | 106 | 108 | 11

7.00 PM **Canals: The Making of a Nation** How 'canal mania' helped develop Britain's financial economy.
7.30 **Canal Walks with Julia Bradbury** An eight-mile trip along the Caledonian Canal.
8.00 **The Normans** 1/3. Exploring the expansion and unchecked ambition of the Norman empire.
9.00 **FILM Misery** Suspense drama based on a story by Stephen King, starring James Caan and Kathy Bates. A romance novelist is held prisoner by his 'biggest fan'. (1990, 15, 107min) ★★★★
10.40 **Mark Lawson Talks to Stephen King** An interview with the renowned horror author.
11.40 **Light and Dark**
12.40 AM **Romancing the Stone: The Golden Ages of British Sculpture**
1.40 **Canals: The Making of a Nation** As 7.00pm.
2.10 **Canal Walks with Julia Bradbury** As 7.30pm.
2.40 **to 3.40** AM **The Normans**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **The Perfect Pitch**
9.30 **Find It, Fix It, Flog It**
10.25 **A Place in the Sun**
11.30 **Come Dine with Me**
2.05 PM **Four in a Bed**
4.40 **The Dog House** A dog offers to pull his prospective owner's wheelchair along.
5.25 **The Dog House Australia** Australian shepherd Alfie and the Holmes family are on track to make a new bond, while Missy's attachment issues could be too much for a first-time owner.
6.30 **LIVE Crufts** Coverage from the National Exhibition Centre in Birmingham, including the first Agility final.
7.30 **Kirstie and Phil's Love It or List It: Brilliant Builds** Tackling future-proofing.
8.00 **Grand Designs** A couple plan on building a hi-tech pavilion and wildlife garden on a plot in Dunstable.
9.00 **The Antiques Riviera** New edition 4/6. A couple throw open their home to local dealers, only to discover they may have blown money on fake designer furniture.
10.00 **24 Hours in A&E** A retired dockworker needs surgery.
11.05 **24 Hours in A&E**
12.10 AM **The Antiques Riviera**
1.15 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped**

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Goldbergs**
10.00 **Modern Family**
11.00 **Ramsay's Kitchen Nightmares USA**
1.00 PM **Brooklyn Nine-Nine**
2.00 **The Simpsons**
3.00 **The Goldbergs**
4.00 **Modern Family**
5.00 **Brooklyn Nine-Nine**
6.00 **The Simpsons**
7.00 **The Simpsons** *The Star of the Backstage:* Marge stages a revival of a musical.
7.30 **MAFS UK Does Come Dine with Me** Paul Liba hosts a sports-themed night.
8.00 **The Great Celebrity Bake Off for Stand Up to Cancer** Stacey Dooley, Jade Thirlwall, Katherine Ryan and KSI take part.
9.00 **Gogglebox** Reviews of *The Traitors* and *Mammals*.
10.00 **First Dates** A headstrong Mancunian make-up artist returns to the restaurant.
11.05 **Naked Attraction**
12.10 AM **Gogglebox**
1.15 **First Dates**
2.15 **Naked Attraction**
3.10 **Brooklyn Nine-Nine**
3.55 **The Goldbergs**
4.45 **to 6.00** AM **Don't Tell the Bride: Revisited**

primetime

THURSDAY Entertainment

Thursday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Nothing to Declare**
8.00 **Customs UK**
9.00 **Send in the Dogs**
10.00 **Air Ambulance ER**
11.00 **Caught on Dashcam**
12.00 NOON **FBI** 8/13. The squad track down the killer of a US Army employee. (S6)
1.00 PM **The Rookie** 3&4/20. (S2)
3.00 **Law & Order: Criminal Intent** 15/23. A cover-up that sent an innocent man to prison is exposed. (S2)
4.00 **Nothing to Declare**

9.00 **FBI**

7 PM
7.00 Police 24/7 A man with cancer is found with large amounts of weed, and police deploy a Taser on a difficult suspect.

8 PM
8.00 Law & Order: Criminal Intent *The Last Street in Manhattan:* 4/8. A Wall Street CEO is found murdered. (S10)

9 PM
9.00 FBI New episode *Falsetto:* 5/22. Maggie teams up with Eva to hunt for a killer after a daytime stabbing in a park. (S8)

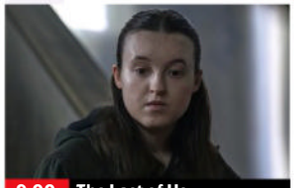
10 PM
10.00 Fire Country *Bad Guy:* 8/22. A harrowing rescue involving two children brings back difficult memories for Vince. (S1)
11.00 **FBI** Double bill. (S6)
1.00 AM **Law & Order: Criminal Intent** 16/16. (S9)
2.00 **Caught on Dashcam**
3.00 **Law & Order: Criminal Intent**
4.00 **The Force: Manchester**
5.00 **to 6.00** AM **Stop, Search, Seize**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
7.55 **The Sopranos** 1&2/13. (S1)
10.00 **True Detective** 6-8/8. (S1)
1.10 PM **True Detective** Five episodes, including at: **3.30** 3/8. Ray and Ani have a close call with Caspere's killer. **4.40** 4/8. Velcoro, Bezzerides and Woodrugh struggle to keep the case straight. **5.40** 5/8. Ani and Paul follow a lead up the coast. (S2)
6.50 **Game of Thrones** 8/10. Davos demands to see proof of Melisandre's power. (S3)



9.00 **The Last of Us**

7.55 Game of Thrones *The Rains of Castamere:* 9/10. Lord Walder Frey plays host to a long-awaited wedding, Daario and Ser Jorah debate how to take Yunkai. (S3)

9.00 The Last of Us *Convergence:* 7/7. Ellie's search draws her towards a devastating confrontation. (S2)

10.05 The Pacific *Peleliu Hills:* 7/10. Basilone becomes disillusioned with his role and longs to rejoin his comrades. (S1)
11.05 **The Pacific** 8/10. A restless Basilone turns his hand to training new recruits. (S1)
12.15 AM **The Wire** 4/13. (S1)
1.25 **True Blood** 4/12. (S1)
2.25 **Game of Thrones** (S3)
4.35 **In Treatment** (S2)
5.05 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Dress to Impress**
8.25 **Billie and Greg: Family Diaries**
9.25 **The Only Way Is Essex**
10.25 **Real Housewives of Miami**
11.20 **Real Housewives of Beverly...**
12.15 PM **Ant & Dec's Limitless Win**
1.15 **Wheel of Fortune**
2.15 **The Only Way Is Essex**
3.10 **Real Housewives of Cheshire**
4.10 **Real Housewives of Miami**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**

10.00 **Family Guy**

7.00 Wheel of Fortune Graham Norton hosts the game show as contestants try to solve word puzzles and win big money.

8.00 Ant & Dec's Limitless Win Engaged couple Zanesh and Melike continue their game on the never-ending ladder.

9.00 The Heat New edition Six remaining chefs fight it out for two places in the final before a celebration in Barcelona.

10.00 Family Guy 14/20. Peter accidentally becomes the face of social justice. **10.30** 15/20. Stewie tries to create a DNA-altering machine. (S18)
11.00 **Family Guy** 6/23. Lois prepares a Thanksgiving meal. (S10)
11.30 **American Dad!** 7&4/22. (S16)
12.30 AM **The Heat** As 9.00pm.
1.35 **Bob's Burgers** 14&13/22. (S13)
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.35 **On the Buses**
7.05 **Classic Emmerdale**
8.10 **Classic Coronation Street**
9.10 **A Touch of Frost**
11.15 **Heartbeat** Double bill.
1.25 PM **Midsomer Murders** *Destroying Angel:* A dog finds the severed hand of a missing hotel manager.
3.30 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Living off the Land:* Mason investigates an attack on two hippies.

8.00 **Vera**

6.55 Heartbeat *Guilty Secrets:* Joe helps Dawson when she is accused of theft after a raid on local crook Frank Batley's home.

8.00 Vera *Blind Spot:* The detective must complete a murder victim's research into an old criminal case to find out who may have wanted her dead. Guest stars Paul Kaye and Peter Davison.

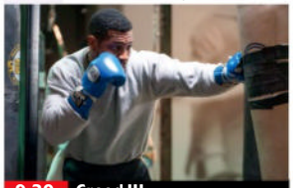
10.00 Endeavour *Zenana:* The detective uncovers a potential link between a series of accidents leading him to an all-women Oxford college determined to eschew co-education.
11.50 **A Touch of Frost** *Fun Times for Swingers:* Jack investigates the murder of a gigolo.
1.50 AM **On the Buses**
2.15 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **The Big Match Revisited**
8.10 **Magnum, PI**
9.15 **Kojak**
10.20 **Boon**
11.25 **The Sweeney**
12.30 PM **Dempsey and Makepeace**
1.35 **Magnum, PI**
2.40 **Kojak**
3.45 **Boon**
4.50 **The Sweeney** *May:* Regan assists an endangered youth.
5.55 **Minder** *Sorry Pal, Wrong Number:* Terry has to mind public telephone boxes when Arthur comes up with a scam.



9.30 **Creed III**

7.00 Aussie Pickers Lucas Callaghan and Adam McDonald meet an auctioneer known to the locals as Steptoe.

8.00 Ice Road Truckers Tim Freeman is promoted to the position of lead driver, only for a faulty rear light to cut his journey short.

9.00 River Monsters Jeremy Wade journeys along the Congo in Africa.
9.30 FILM Creed III Boxing drama sequel starring Michael B Jordan. Adonis Creed is lured back into the ring in order to settle an old score. (2023, 12, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.45 **Ligue 1 Highlights** Including Le Havre v Paris Saint-Germain and Lille v Nantes.
12.15 AM **Berlin Station** 9/9. (S2)
1.20 **Hell's Kitchen**
2.15 **Motorsport Mundial**
2.40 **Unwind with ITV**
3.30 **to 4.00** AM **Auto Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **The Entertainment Mix** New edition Culture and arts news presented by Michelle McManus.
8.00 **Scotland's Sacred Islands with Ben Fogle** Ben discovers spiritual and religious power on the Isle of Skye.
9.00 **Greetings from Scotland** 1/2. A look at the origins of the nation's tourist industry.
10.00 **Situationships with Sophie and Christine** New edition Sophie Gravia and Christine McGuinness offer relationship advice.
10.30 **Martin Compston's Scottish Fling** 6/6. Martin and Phil end their tour in the Lowlands.
11.00 **Scotcast** Topical debate.
11.30 PM **to 12.00** M'T **Scot Squad**

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S4)
9.00 **Ballers** 5&6/10. (S3)
10.15 **Sex and the City** (S4)
11.25 **Entourage** (S6)
12.30 PM **Will & Grace** (S6)
1.30 **Sex and the City** (S4)
2.50 **Ballers** 7&8/10. (S3)
4.00 **And Just Like That...**
4.40 **The Office (US)** (S4)
5.40 **Will & Grace** (S6)
6.40 **Community** (S1)
7.40 **Sex and the City** 11/18. Miranda tells Carrie she is pregnant by Steve. **8.20** 12/18. Carrie agrees to live with Aidan for the sake of convenience. (S4)
9.00 **Dave Chappelle: Killin' Them Softly** Stand-up comedy.
10.15 **Last Week Tonight with John Oliver** Talk show.
11.00 **And Just Like That...**
11.40 **Community** (S1)
12.40 AM **Entourage** (S6)
1.45 **Ballers** 3&4/10. (S3)
3.05 **Curb Your Enthusiasm**
4.25 **to 5.00** AM **Veep**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **André Rieu: Dancing Through the Skies**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **David Hockney: In Normandy**
3.00 **My Week with Lubaina Himid**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Landscape Artist of the Year** Double bill.
9.00 **Classic Movies: The Story of The Ladykillers**
10.00 **Classic Literature & Cinema** Crime novels.
11.00 **The Directors**
12.00 M'T **Cover Your Ears**
1.55 AM **Up Late with Nicola Benedetti**
3.35 **A Play in a Day**
4.35 **Inside Art**
5.00 **to 6.00** AM **Auction**

Sky Mix

151 158 156 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 14/20. (S1)
5.00 **Stargate SG-1** (S3)
6.00 **Star Trek: Voyager**
7.00 **Star Trek: The Next Generation** 22/26. (S7)
8.00 **Primeval** 7/7. The team battle predators from the future. (S2)
9.00 **World's Most Evil Killers**
10.00 **Killer in My Village**
11.00 **Grimm** 4/13. (S6)
12.00 M'T **Warrior** 8/10. (S1)
1.00 AM **The Force: Manchester**
2.00 **Brit Cops: War on Crime**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Game show.
3.00 **Beat the Chasers**
4.00 **Ridiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as contestant Alex M tries to open the 22 red boxes in the right order, taking on the Banker for the chance to win a life-changing cash prize.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Ant & Dec's Limitless Win** Joe and sister-in-law Jo take on the Limitless Ladder, followed by Steve and son-in-law Jordan.
10.00 **Tipping Point** Triple bill of the arcade-themed game show hosted by Ben Shephard.
12.55 AM **Tenable**
1.50 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Come Dine with Me**
11.30 **Four in a Bed**
12.00 NOON **A New Life in the Sun** From Tuscany.
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **A Place in the Sun**
6.00 **Location, Location, Location Revisited**
7.00 **Kirstie and Phil's Love It or List It**
8.00 **Batch from Scratch: Cooking for Less**
9.00 **24 Hours in Police Custody: The Butcher of Suburbia** 1/2. The investigation into the murder of a 74-year-old woman. **10.00** 2/2. Detectives have a suspect in custody who admits to the crime.
11.05 **Fukushima: Days That Shocked The World**
1.05 AM **Super Surgeons: A Chance at Life**
2.05 **Lake District Rescue**
3.10 **to 5.00** AM **Gogglebox**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 13/26. (S6)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 14/26. (S6)
2.00 **Primeval** (S3&4)
4.00 **Stargate SG-1** 6/22. (S3)
5.00 **Star Trek: Voyager** (S2)
6.00 **Star Trek: The Next Generation** 13/26. The crew investigate two suspicious deaths on a space station close to the Klingon border. (S6)

8.00 Stargate SG-1

7.00 Star Trek: Deep Space Nine *One Little Ship:* 14/26. The Jem'Hadar take over the *Defiant*. (S6)

8.00 Stargate SG-1 *Point of View:* 6/22. The Goa'uld invade Earth in a parallel dimension. (S3)

9.00 Westworld *The Mother of Exiles:* 4/8. Bernard and Ashley infiltrate a charity event, while Dolores and Caleb make plans. (S3)

10.05 The Leftovers *G'Day Melbourne:* 4/8. Nora's investigation leads her to Australia, and Kevin tags along on the trip. (S3)
11.05 **Wynonna Earp** 7/12. Waverly and Nicole celebrate their engagement. (S4)
12.00 M'T **True Blood** 7/12. Salome reveals her true allegiances. **1.00** AM 8/12. Sookie and Jason are aided by fairies. (S5)
2.00 **Primeval** (S3&4)
4.00 **Wynonna Earp** As 11.05pm.
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S13)
9.00 **Father Brown** As 7.00pm.
10.00 **The Mentalist** 1/23. (S1)
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **The Coroner** (S1)
1.00 PM **Death in Paradise** (S6)
2.00 **Murdoch Mysteries** (S13)
4.00 **The Mentalist** 1/23. Pilot episode of the drama. (S1)
5.00 **Hudson & Rex** 14/16. Charlie and Rex find a stranger dying in their kitchen. (S6)
6.00 **The Coroner** 9/10. An ice-cream factory owner is found dead in a freezer. (S1)

5.00 Hudson & Rex

7.00 Father Brown *The Lepidopterist's Companion:* The priest discovers a shocking secret.

8.00 Death in Paradise *Stumped in Murder:* 4/8. The president of the local cricket club is found dead on the pitch. (S6)

9.00 Shakespeare & Hathaway: Private Investigators 4/10. Spider and the team uncover a cruel scam. (S5)

10.00 Father Brown *The Dead of Night:* A supposed vampire strikes in Kembleford. Guest stars Josie Lawrence.
11.00 **Father Brown** As 7.00pm.
12.00 M'T **Death in Paradise** (S6)
1.00 AM **The Coroner** As 6.00pm.
2.00 **Murdoch Mysteries** 14/18. Murdoch and Ogden look into a suspicious suicide. (S13)
3.00 **to 4.00** AM **We Hunt Together**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.30 AM **Highlights**
9.20 **Are You Being Served?**
10.00 **Last of the Summer Wine**
11.15 **Dad's Army**
11.55 **Porridge**
12.35 PM **Keeping Up Appearances**
1.15 **The Green Green Grass**
1.55 **Dad's Army**
2.30 **Hi-de-Hi!**
3.10 **Are You Being Served?**
3.50 **Porridge**
4.30 **Dad's Army**
5.05 **Last of the Summer Wine**
6.20 **Keeping Up Appearances**

10.15 Men Behaving Badly

7.00 Porridge Harris accidentally drops stolen pills into Fletcher's cuppa.
7.40 Dad's Army The platoon offer to help Godfrey's widowed friend gather in the harvest on her farm.
8.20 Are You Being Served? Mrs Slocombe woos bachelor Mr Humphries.

9.00 The Royle Family Jim and Twiggy strip the dining room wallpaper. **9.35** Denise is a bag of nerves as her wedding day finally arrives.
10.15 Men Behaving Badly Dorothy has an operation.
10.55 Harry Enfield's Television Programme Sketches.
11.35 **The Royle Family**
12.50 AM **Men Behaving Badly**
1.30 **Hi-de-Hi!**
2.20 **Harry Enfield's Television Programme** Sketch show.
2.55 **Don't Wait Up**
3.25 **to 4.00** AM **Men Behaving Badly**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Cannonball Splash Hits**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Railroad Australia**
11.00 **Rick Stein: From Venice to Istanbul** As 6.00pm.
12.00 NOON **Border Force: America's Gatekeepers**
2.00 PM **World's Most Dangerous Roads** From Morocco.
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British**
6.00 **Rick Stein: From Venice to Istanbul** The chef crosses the Adriatic Sea to Croatia.

7.40 House of Games

7.00 Would I Lie to You? With Greg Davies, Guz Khan, Claudia Winkleman and Lucy Worsley.
7.40 Richard Osman's House of Games With Rufus Hound and Scott Mills. **8.20** With Neil Delamere, AJ Odudu, Lucy Porter and Mark Billingham.

9.00 QI XL Sheila Hancock, Jeremy Clarkson, Jimmy Carr and Alan Davies face Stephen Fry's questions on military matters.

10.00 Have I Got a Bit More News for You Professor Hannah Fry hosts the satirical quiz, with Carol Vorderman and Phil Wang.
11.00 **Will & Ralf Should Know Better** The friends attempt to push each other out of their comfort zones.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **to 4.00** AM **Hate Thy Neighbour**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.05 AM **Birds of a Feather**
7.40 **The Bill**
8.35 **Doctors**
9.50 **Classic Holby City**
10.50 **Classic Casualty**
11.50 **The Bill**
12.50 PM **Classic EastEnders**
2.05 **All Creatures Great and Small**
3.10 **Howards' Way**
4.20 **Shakespeare & Hathaway: Private Investigators**
5.20 **Porridge** Godber starts work on another O-level course.
6.00 **Last of the Summer Wine**

8.00 Queens of Mystery

7.20 Last of the Summer Wine Clegg sustains a fractured foot after coming off his bicycle.

8.00 Queens of Mystery *Death by Vinyl – First Chapter:* 3/6. A member of the band Cat used to be in is found dead. (S1)

9.00 Blue Lights *Full Moon Fever:* 4/6. Blackthorn Street station is under an enquiry after a wild night shift racks up a number of complaints. (S1)

10.20 New Tricks *Trust Me:* The team reopen a 1992 abduction case when the woman who disappeared turns up alive and well.
11.40 **Shakespeare & Hathaway: Private Investigators** 8/10. The duo must work out what happened to an amnesiac. (S2)
12.40 AM **Dalziel & Pascoe**
2.40 **Birds of a Feather**
3.10 **to 4.00** AM **Copper**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 12-14/25. (S6)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Reunion:* 2/24. Gibbs and his team investigate the bizarre death of a Marine. **7.00** *The Inside Man:* 3/24. A blogger who accused the NCIS of a cover-up is found dead. **8.00** *Good Cop, Bad Cop:* 4/24. A Marine with a link to Ziva is found dead. (S7)
9.00 **Blue Bloods** *Behind the Smile:* 3/19. Eddie clashes with her boss. **10.00** *Another Look:* 4/19. Frank is rattled by a case that involves the suspicious death of his friend's wife. (S10)
11.00 **Law & Order: Special Victims Unit** (S22&21)
2.40 AM **Law & Order: Criminal Intent** (S5)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Shoplifters: Caught Red Handed**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Rogue Claimers**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** New edition Dr Amir Khan treats a woman who is suffering from abdominal pain.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **A&E After Dark** A man is involved in a motorbike collision with a deer.
10.00 **Ambulance: Code Red**
11.00 **Skin A&E**
12.00 M'T **Call the Bailiffs: Time to Pay Up**
1.00 AM **Nightmare Tenants, Slum Landlords**
2.00 **GPs: Behind Closed Doors** Medical series.
2.45 **Skin A&E**
3.35 **to 4.00** AM **Eggheads**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.10 **Winter Road Rescue**
9.45 **Police Interceptors**
11.50 **FILM Hellfire** Western. (1949, PG, 90min) ★★
1.45 PM **FILM Something Big** Comedy western. (1971, PG, 108min) ★★★
4.00 **Trucking Heavy**
5.05 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** The pursuit of a car suspected of having cloned plates.
9.00 **Mud Mountain Haulers** New edition The Glovers race to get their wood and machines off Erie Mountain.
10.00 **Outback Truckers**
11.00 **Banged Up Abroad**
12.00 M'T **Extreme Tow Truckers** Documentary.
1.00 AM **Outback Truckers**
2.00 **Trucking Hell**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
7.00 **The Supervet: Noel Fitzpatrick** A Rhodesian ridgeback's eye infection turns out to be something more sinister.
8.00 **Honest Renovations** New edition After the pandemic and two children, the Wong family's home is no longer the warm and inviting place it once was.
9.00 **DIY SOS: The Big Build**
11.00 **Katie Piper: Locked Up in Louisiana**
12.00 M'T **Louis Theroux: Under the Knife**
1.00 AM **Inside the Ambulance**
2.00 **to 3.00** AM **Michael McIntyre's The Wheel**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great Coastal Railway Journeys**
8.00 **Bangers & Cash**
10.00 **War Factories**
11.00 **Nuremberg: Nazis on Trial** Rudolf Hess.
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **War Factories**
5.00 **Nuremberg: Nazis on Trial** Rudolf Hess.
6.00 **Antiques Roadshow**
7.00 **Simon Reeve's Return to Cornwall** The explorer goes back to the county.
8.00 **Bangers & Cash** New edition Derek is charmed by a 1929 Rolls Royce Phantom with an unusual history.
9.00 **Hunting Outback Gold** New edition Jeff recreates an historic flight in search of vital clues.
10.00 **Bangers & Cash**
2.00 **to 3.00** AM **War Factories**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Dorset.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **Celebrity Yorkshire Auction House**
4.00 **Long Lost Family**
6.00 **Money for Nothing**
7.00 **Salvage Hunters**
8.00 **Antiques Road Trip** Items include a gavel, a pair of polo horses and a vintage train set.
9.00 **Ghosts off Grid** New edition Jordyn and Johnny's adventures take them from a voodoo temple to a haunted New Orleans hotel.
10.00 **Help! My House Is Haunted** Four editions.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

THURSDAY Entertainment

Thursday

Great! TV

157 167 170 34 32

8.00 AM **Highway to Heaven**
10.00 **Little House on the Prairie** 13-15/22. (S9)
1.00 PM **The Waltons** (S4)
3.00 **Ballykissangel** (S3)
4.10 **Born and Bred** (S2)
5.20 **Doctor Finlay** 5/7. (S3)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** 19/24. A Korean family arrive in the 4077th camp. **8.00** 20/24. The 4077th is overrun with sudden influx of casualties. **8.30** 21/24. The camp's supply lines are cut. (S2)
9.00 **FILM Murder by Decree** Thriller starring Christopher Plummer and James Mason. (1978, 12, 112min) ★★★★
11.50 **The New Avengers** (S1)
12.50 AM **The Avengers** (S6)
1.50 **M*A*S*H** 19/24. (S2)
2.25 **Home to Roost** (S4)
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.00 AM **The High Chaparral**
10.00 **The Avengers** (S5)
11.00 **The Baron** 18/30. (S1)
12.00 NOON **FILM Triple Cross** Spy thriller. (1966, PG, 126min) ★★
2.40 PM **FILM A Lawless Street** Western. (1955, U, 78min) ★★
4.30 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The New Avengers**
7.00 **The Avengers** (S5)
8.00 **The Baron** 19/30. (S1)
9.00 **FILM The Marine** Action thriller with John Cena and Robert Patrick. (2006, 15, 92min) ★★
11.00 **FILM Big Kill** Western starring Jason Patric. (2019, 15, 126min) ★★
1.35 AM **The Baron** (S1)
2.35 **The New Avengers**
3.25 **FILM Red Headed Stranger** Western. (1986, 15, 105min) ★★
5.15 **to 5.50** AM **Police Ten 7**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.10 AM **FILM Martha's Vineyard Mysteries: A Beautiful Place to Die** Drama. (2020, PG) ★★
10.05 **Unforgettable** (S1)
11.05 **Castle** 9/23. (S7)
12.05 PM **FILM An Emma Fielding Mystery: Past Malice** (2018, PG) ★★
2.00 **Diagnosis Murder**
4.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 10/23. (S7)
8.00 **Unforgettable** (S1)
9.00 **FILM An Aurora Teagarden Mystery: The Julius House** Thriller. (2016, PG, 90min) ★★
10.55 **FILM Murder 101: Locked Room Mystery** Drama. (2008, PG) ★★
12.50 AM **FILM Perfect Plan** Thriller. (2010, 12) ★★★
2.35 **FILM The Good Sister** Thriller. (2014, PG) ★★
4.00 **to 5.00** AM **Sue Thomas: F.B.Eye**

+1 hour 322

Great! Romance

319 317 424 52 47

8.15 AM **FILM Love Is on the Air** Romantic drama. (2021, PG, 90min) ★★
10.15 **FILM Can't Buy My Love** Comedy. (2017, PG) ★★
12.10 PM **FILM Flowers and Honey** Romantic drama. (2021, PG, 90min) ★★
2.10 **FILM Wedding Cake Dreams** Romance. (2021, U, 85min) ★★
4.10 **FILM Love on the Rise** Romantic drama. (2020, U, 86min) ★★
6.05 **FILM North to Home** Drama. (2022, PG) ★★
8.00 **FILM The Wish Swap** Romantic fantasy. (2025, PG, 84min) ★★
9.50 **FILM It Was Always You** Romantic drama. (2021, PG, 86min) ★★
11.45 **FILM Christmas Catch** Romantic comedy. (2018, PG, 90min) ★★
1.50 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Flowers and Honey**

+1 hour 320

Together TV

170 136 83 162

11.00 AM **Garden Rescue**
12.00 NOON **Edwardian Farm**
1.15 PM **The Wild Gardener**
2.00 **The Greatest Auction**
3.00 **Reel Stories**
4.00 **New Home DIY**
5.00 **Supermarket Secrets Revealed**
6.00 **The Greatest Auction**
7.00 **Garden Rescue** Charlie Dimmock and Chris Hull design an eco-friendly, productive garden.
8.00 **The Wild Gardener** Colin cuts down his wildflower meadow.
8.45 **Edwardian Farm** Harvest time arrives.
10.00 **FILM Can You Keep It Up for a Week?** Comedy starring Jeremy Bulloch. (1974, 18, 94min) ★
12.00 M'T **FILM Doomwatch** Ecological chiller. (1972, 12, 92min) ★★★
2.00 AM **The Wild Gardener**
2.45 **Edwardian Farm**
4.00 **to 5.00** AM **Flipping Profit**

Rewind TV

182 81 141

6.00 AM **Highlights**
8.30 **The Gaffer** 4/12. (S1)
9.00 **Bubblegum & Cheese**
10.00 **The Rewind Jukebox**
11.00 **Shine on Harvey Moon**
12.05 PM **The Fenn Street...**
12.35 **Agony** 4/6. (S1)
1.05 **Press Gang** (S1)
1.35 **Boon** 8/13. (S3)
2.40 **Wish Me Luck** (S3)
3.45 **Rewind & Remember**
3.55 **Mysterious Tales**
4.00 **Discovering Gardens**
4.30 **Old Country**
5.00 **Stereo Underground**
6.00 **The Fenn Street Gang**
6.30 **Press Gang** 4/12. (S1)
7.00 **Agony** 4/6. (S1)
7.30 **The Gaffer** 4/12. (S1)
8.00 **Boon** 8/13. (S3)
9.05 **Drop the Dead Donkey**
10.05 **FILM The Teacher** Thriller. (1974, 15) ★★
12.05 AM **FILM Queen of the Blues** (1979, 18) ★★
1.20 **Stereo Underground**
2.20 **Mysterious Tales**
2.25 **to 6.00** AM **Highlights**

DMAX

158 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters: Mine SOS** Documentary.
9.00 **The Snake Catcher**
10.00 **Deadliest Catch**
12.00 NOON **Treasure Quest: Snake Island**
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Double bill.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Josh is forced to take over the *Cornelia Marie*. **8.00** Casey and Josh perform surgery at sea.
9.00 **Expedition X** Reports of a half-man, half-beast.
10.00 **Expedition Bigfoot** A catastrophic storm threatens the expedition.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid XL** Documentary.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 258 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Paul Hollywood: City Bakes** Double bill.
7.00 **Hairy Bikers' Mississippi Adventure**
8.00 **The Pioneer Woman**
9.00 **Jamie's Easy Meals for Every Day** Double bill.
10.00 **Barefoot Contessa**
11.00 **Great British Bake Off**
1.00 PM **James Martin's United Cakes of America** Double bill.
3.00 **Hairy Bikers' Mississippi Adventure**
4.00 **The Pioneer Woman**
5.00 **Jamie's Easy Meals for Every Day** Double bill.
6.00 **Barefoot Contessa**
7.00 **Great British Bake Off**
9.00 **James Martin's Islands to Highlands** A culinary journey around Oxford. **10.00** In South Wales.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 19/26. (S5)
9.00 **The A-Team** 1/13. (S5)
10.00 **The Invaders** (S2)
11.00 **FILM MegaFault** Sci-fi action adventure. (2009, 12, 90min) ★★
1.00 PM **FILM The Legend of Butch and Sundance** Western. (2004, PG, 87min) ★★
2.45 **FILM The Arrival** Sci-fi thriller. (1996, 12, 115min) ★★★
5.00 **Star Trek** 3/24. (S3)
6.00 **The Invaders** (S2)
7.00 **The A-Team** 2/13. (S5)
8.00 **Walker, Texas Ranger**
9.00 **FILM Kiss of the Dragon** Action thriller. (2001, 18, 98min) ★★★
11.00 **FILM War** Action thriller. (2007, 18, 98min) ★★
1.05 AM **FILM The Power of One** Drama. (1991, 15, 127min) ★★
3.30 **to 5.15** AM **FILM The Reptile** Hammer horror. (1966, 15, 86min) ★★★

Legend Xtra

317 316 171 69 138 51

9.00 AM **FILM Arctic Apocalypse** Drama. (2019, PG, 90min) ★
11.00 **The Lost World** (S2)
12.00 NOON **FILM San Andreas Mega Quake** Action thriller. (2019, 12, 87min) ★★
2.00 PM **FILM 2021: War of the Worlds** Sci-fi thriller. (2021, 12, 78min) ★★
4.00 **Walker, Texas Ranger**
5.00 **FILM Shark** Thriller starring Burt Reynolds. (1969, 15, 88min) ★★
7.00 **The Lost World** (S2)
8.00 **The Fall Guy** (S2)
9.00 **FILM Drive Hard** Action thriller with John Cusack. (2014, 15, 92min) ★
10.55 **FILM Lionheart** Action drama starring Jean-Claude Van Damme. (1991, 108min) ★★
1.00 AM **FILM Drive Hard**
3.00 **FILM Shark** As 5.00pm.
5.00 **to 6.00** AM **The Lost World**

+1 hour 318 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Canadian Pickers** New edition
7.35 **Junk & Disorderly**
8.30 **Storage Wars**
9.20 **Hardcore Pawn**
10.15 **Pawn Stars**
11.10 **Swamp People**
1.05 PM **Canadian Pickers**
2.05 **Storage Wars**
3.05 **Junk & Disorderly**
4.00 **Ancient Aliens**
5.00 **Evidence of the Unexplained**
6.00 **Pawn Stars**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **UFO POV** New edition
10.00 **Alien Disclosure Files**
11.00 **Alien Corridors**
12.00 M'T **Curse of Skinwalker Ranch**
1.00 AM **Evidence of the...**
2.00 **Ancient Aliens**
3.00 **Swamp People**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
10.00 **Cats and Dogs at War**
11.00 **Ben Fogle: New Lives in the Wild** Tanzania.
12.00 NOON **Nazi Megastructures**
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **World's Most Scenic Railway Journeys**
6.00 **Abandoned Engineering**
7.00 **Nazi Megastructures**
8.00 **Ben Fogle: New Lives in the Wild** Hungary.
9.00 **Harry & Meghan: Royal Hypocrites?** A look at how the Duke and Duchess of Sussex have been plagued by allegations of hypocrisy and double standards.
10.30 **Princess Anne: The Royal Rule Breaker**
12.00 M'T **Wentworth Prison**
1.00 AM **22 Kids & Counting**
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

Challenge

130/131 116/117 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Double bill.
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **All Star Family Fortunes** With guests Michelle Collins and Christopher Biggins.
12.40 PM **Lily Savage's Blankety Blank**
2.00 **The Chase** Quiz show.
3.00 **Who Wants to Be a Millionaire? Celebrity Special** With Bill Oddie and Lynda Bellingham.
4.00 **Bridge of Lies** Quiz.
5.00 **The Bidding Room**
6.00 **Tenable** Quiz show.
7.00 **The Chase** Triple bill.
10.00 **The Chase Celebrity Special** With Kay Burley, Tim Lovejoy, Eni Aluko and Richard Herring.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Classic Who Wants to Be a Millionaire?**
1.00 AM **The Chase** Triple bill.
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Mike & Molly**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Mike & Molly**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory**
9.00 **90 Day: The Single Life** New edition Pedro tells Liz he worries Sophie isn't ready for a relationship.
10.00 **NEW SERIES Sister Wives** Christine and David visit Janelle, while Kody and Robyn discuss their now monogamist relationship and the possibility of bringing in a new wife.
11.00 **The Bad Skin Clinic** Ryan has excruciating sores in his groin and a cyst on his neck.
12.00 M'T **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Michael McIntyre's Big Show** Variety show.
9.00 **Impractical Jokers**
10.00 **Everybody Loves Raymond** (S4)
1.00 PM **Friends** (S3&4)
8.00 **Friends** 6/24. Ross's love life improves. **8.30** 7/24. Chandler tries to stop Joey from finding the truth. (S4)
9.00 **FILM Sweet Home Alabama** Comedy with Reese Witherspoon and Josh Lucas. (2002, 12, 109min) ★★★
11.10 **Iain Stirling's Roast the Internet**
12.10 AM **Whose Line Is It Anyway? USA**
1.40 **South Park** (S13)
2.40 **Dragony Aunts**
2.50 **Michael McIntyre: Live & Laughing**
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S4)
7.00 **Teleshopping**
9.00 **Spin City** (S2)
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** (S4)
1.00 PM **Criminally Funny**
2.30 **Blockbusters**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** (S2)
7.00 **Everybody Loves Raymond** Six episodes of the sitcom, including at: **9.30** 19/24. Debra and Ray's plan backfires. (S4)
10.00 **Friends** 5-10/25. (S3)
1.00 AM **The Ricky Gervais Show** Double bill.
2.00 **Whose Line Is It Anyway? USA**
3.00 **Reno 911!** (S5)
3.45 **Important Things with Demetri Martin**
4.30 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **Highlights**
10.15 **Bread** 1/7. (S4)
10.55 **Steptoe and Son** (S2)
11.30 **Oh, Doctor Beeching!**
12.05 PM **Rising Damp** (S3)
12.35 **Man About the House**
1.10 **Goodnight Sweetheart**
1.45 **When the Boat Comes In** 4/10. (S4)
2.45 **Minder** 7/11. (S4)
3.50 **Just Good Friends** (S3)
4.25 **Man About the House**
4.55 **Are You Being Served? Again!** 4/6. Sitcom. (S2)
5.30 **Birds of a Feather**
6.00 **That's 60s**
6.05 **Steptoe and Son** (S2)
6.45 **Rising Damp** 1/7. (S3)
7.15 **Whatever Happened to the Likely Lads?** (S2)
7.55 **Minder** 4/11. (S1)
9.00 **Benidorm** 7/7. (S5)
10.00 **Shameless** 5/16. (S5)
11.05 **Man About the House**
11.35 **Rising Damp** 5/7. (S1)
12.05 AM **Benidorm** 7/7. (S5)
1.05 **Minder** 4/11. (S1)
2.10 **to 6.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **Ghosted: Love Gone Missing** Double bill.
8.00 **Catfish: The TV Show**
4.00 PM **Dallas Cowboys Cheerleaders**
6.00 **Catfish UK**
7.00 **When Rich Kids Go Skint** Reality series.
8.00 **Extreme Hair Wars**
9.00 **Skin A&E** A bass player has a lump on his head.
10.00 **Sleeping with My Murderer** Reality series.
11.00 **Caught in the Act: Unfaithful** Reality series.
12.00 M'T **Ridiculousness** New editions Rob, Steelo and Lolo Wood see some bad entrances. **12.30** AM Rob, Steelo, and Lolo Wood get to sipping and sprinting.
1.00 **Caught in the Act: Unfaithful** Double bill.
2.45 **Teen Mom: The Next Chapter** Reality series.
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Documentaries

5 March Thursday

Thursday

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made: Dream Cars** Double bill of editions.
7.00 **Diesel Brothers**
9.00 **Hoffman Family Gold**
11.00 **Overhaulin'** Double bill.
1.00 PM **Gold Rush** Rick's crew races to rescue a greenhorn. **2.00** Fred banks his first gold of the season.
3.00 **How It's Made** Four editions.
5.00 **Alaska: Homestead Rescue** The Raneys help a family in Northern California. **6.00** A family suffer from a cabin on the verge of collapse.

9.00 Rite of Passage

7.00 **Wheeler Dealers** Mike finds a BMW E46 M3 and he challenges Ant to transform the transmission with new technology.

8.00 **Wheeler Dealers** Mike is in the Pacific Northwest, where he has tracked down a Volvo Amazon 122 with a rally heritage.

9.00 **Ed Stafford's Rite of Passage** New edition In Tanzania, Ed collects honey from the world's most aggressive bees.

10.00 **In the Eye of the Storm** A rare winter tornado outbreak tears through towns across Tennessee.

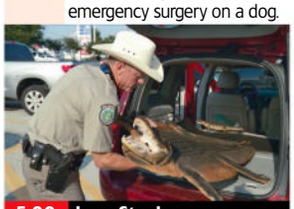
11.00 **Expedition Unknown** Josh Gates joins an experiment to replicate the pyramid build.
12.00 M'T **Deadliest Catch**
1.00 AM **Ed Stafford's Rite of Passage** As 9.00pm.
2.00 **In the Eye of the Storm**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Wild Mexico**
10.00 **Tanked** With Ryan Newman.
11.00 **Animal Cops Philadelphia**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** Double bill.
5.00 **Lone Star Law** The Texas Game Wardens go undercover to catch someone selling illegal alligator parts.
6.00 **Dr Jeff: Rocky Mountain Vet** The team host a fundraiser, while Dr Jeff performs emergency surgery on a dog.



5.00 Lone Star Law

7.00 **Treehouse Masters** Pete Nelson and his crew build a treetop bolthole for the winner of the Ultimate Treehouse Giveaway.

8.00 **Blood Ivory** The team receive a tip-off about a major elephant-killing crew operating in Rungwa Game Reserve.

9.00 **Alaska: The Last Frontier** Atz Lee and Eivin travel 160 miles and brave the bears of 'Terrible Island' to hunt deer.

10.00 **Alaskan Bush People** As new predators encroach on the ranch, the Browns devise inventive solutions to defend their livestock.

11.00 **Mountain Monsters** The team continue their search for the truth about the Waya Woman.
12.00 M'T **Crikey! It's the Irwins** Robert races to safety.
1.00 AM **Dog Detectives**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Rocky Mountain Railroad**
9.00 **Air Crash Investigation**
10.00 **Pirates: Behind the Legends**
11.00 **Nazi Megastructures: Battle Ready** Japanese tactics.
12.00 NOON **Colossal Machines Compilations: Industrial Innovations** Documentary.
1.00 PM **Car S.O.S**
2.00 **Air Crash Investigation**
3.00 **Seconds from Disaster**
4.00 **Drain the Oceans**
5.00 **Ice Road Rescue**
6.00 **Toronto Airport Uncovered** A trainee dog is put to the test.

10.00 Northwoods Survival

7.00 **Air Crash Investigation** An investigation into the crash of the Berlin-to-Zurich Crossair Flight 3597 in November 2001.

8.00 **Car S.O.S** Fuzz Townshend and Tim Shaw's plans to restore a 1963 Alfa Romeo Giulia Spider grind to a halt.

9.00 **Car S.O.S** Restoring a 1968 Morris Traveller for a family whose dreams of working on it themselves were beset by bad luck.

10.00 **Northwoods Survival** New edition Margot and her canine friends continue their pioneering trapping adventure.

11.00 **Air Crash Investigation**
12.00 M'T **Lawless Island** New edition Documentary.
1.00 AM **To Catch a Smuggler**
2.00 **Money Meltdown**
2.30 **Trafficked with Mariana Van Zeller** Double bill.
3.20 **Food Factory USA**
4.10 **to 5.00** AM **Trials of the Wild**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Rust Valley Restorers**
6.55 **Gold Wars Downunder**
8.45 **Forged with Steele**
9.15 **Pawn Stars** Documentary.
10.10 **Storage Wars** Four editions.
12.00 NOON **Nazi Murder Mysteries**
1.00 PM **Titanic: A Dead Reckoning**
2.00 **Close Encounters** Eight editions, including at: **5.00** Strange lights occur near a US Air Force base. **5.30** Sightings of an orange football-shaped object.
6.00 **American Pickers** Two experts trawl junk yards.

9.00 History's Deadliest

7.00 **Forged in Fire** For the programme's 100th edition, four bladesmiths forge a samurai weapon known as the O-Katana.

8.00 **Viking Dead** Conflict between the English and the Vikings, with evidence for this at a site called Ridgeway in Dorset.

9.00 **History's Deadliest with Ving Rhames** New edition The Hindenburg disaster and Krakatoa's violent volcanic eruption in 1883.

10.00 **The UnBelievable with Dan Aykroyd** New edition The story of a man blasted by a high-pressure air hose.

11.00 **The UnXplained with William Shatner** Exploring efforts made to preserve the soul for eternity.
12.00 M'T **Close Encounters**
2.50 AM **History's Deadliest with Ving Rhames** As 9.00pm.
3.40 **Viking Dead** As 8.00pm.
4.25 **Pawn Stars** The work of Las Vegas pawnbrokers.
5.10 **to 6.00** AM **American Pickers**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **Janet Jackson**
7.00 **Discovering: Michael Keaton**
8.00 **The Directors**
9.00 **100 Foot Wave**
10.00 **UFO** 1-4/4. Documentary exploring people's fascination with unidentified flying objects.
2.00 PM **I Am Burt Reynolds** Family and friends pay tribute to the iconic Hollywood actor.
3.50 **My Icon: Leon Pryce**
4.00 **Discovering: Michael Keaton**
5.00 **The Directors**
6.00 **100 Foot Wave** 3/6. Justine decides to face her fears.

9.40 My Mom Jayne

7.00 **David Frost Vs** A look back at the journalist's interviews with boxing legend Muhammad Ali.

8.00 **NEW Elise Christie: No Filter** The three-time Olympic short-track speed skater takes a look back at her career and talks about the challenges she faced before her retirement.

9.40 **My Mom Jayne** Actor Mariska Hargitay explores the life of her mother Jayne Mansfield, who died in a car accident at the age of 34 when Mariska was only three years old.

11.40 **Stax: Soulsville USA** 1-4/4. Documentary about the influential soul music record label, which was home to acts such as Otis Redding, Isaac Hayes, Booker T & the MG's and Sam & Dave.
4.00 AM **The Directors** The life and work of William Friedkin.
5.00 **to 6.00** AM **Discovering: Michael Keaton**

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried**
4.00 **The Yorkshire Auction House** Double bill.
6.00 **Antiques Road Trip**
8.00 **Richard Hammond's Workshop** Motoring.
9.00 **Outback Opal Hunters** New edition The Opal Lovers excavate old drives in search of red crystal opal.
10.00 **Treasure Hunters Down Under** New edition Andrew and Mish hunt for coins in Victoria's Golden Triangle.
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers: Dream Car** Double bill.
3.00 **Shed and Buried**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Forensic Detectives**
9.00 **FBI Files** Double bill.
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Betrayed**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **The Detectives: My Killer Case**
4.00 **American Monster**
6.00 **American Detective with Lt Joe Kenda**
7.00 **Judge Rinder's Crime Stories** A woman whose ex-husband killed their sons.
8.00 **Murder on CCTV** The disappearance of a 66-year-old man.
9.00 **Evil Lives Here** New edition True crime.
10.00 **Your Worst Nightmare**
11.00 **Judge Rinder's Crime Stories**
12.00 M'T **American Monster**
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder UK** Years after David Clarke's death, a confession tape reveals a betrayal.
8.00 **Millionaire Murders** After Abraham Shakespeare wins the lottery, requests for money get too much.
9.00 **Storm of Suspicion** New edition A wife and mother is found brutally murdered.
10.00 **NEW SERIES Britain's Almost Perfect Murders** Emile Cilliers tries twice to murder his wife, but her survival exposes the plot.
11.00 **Bloodline Detectives**
1.00 AM **Millionaire Murders**
2.00 **Storm of Suspicion**
3.00 **Britain's Almost Perfect Murders**
4.00 **to 6.00** AM **Close Calls: On Camera**

+1hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Body in the Water**
11.00 **48 Hours** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Body in the Water** A fisherman is murdered and dumped in the River Thames. **3.00** A woman's husband reports her falling overboard into Lake Erie.
4.00 **48 Hours** When a mother of two goes missing, her sister turns to TikTok for help.
5.00 **Medical Detectives** The death of a minister's wife. **5.30** The disappearance of a teenage girl. **6.00** The disappearance of a young dancer. **6.30** The poisoning of Phillip Rouss Jr.
7.00 **Judge Judy** Back-to-back real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Send in the Dogs**
7.00 **Brit Cops: Rapid Response** Documentary.
8.00 **Britain's Longest Road**
9.00 **Stop, Search, Seize**
10.00 **Police 24/7**
11.00 **Murders That Shocked the Nation**
12.00 NOON **Killer in My Village** Double bill.
2.00 PM **Forensics: Catching the Killer** Double bill.
4.00 **Britain's Most Evil Killers**
5.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers** Colin Pitchfork.
9.00 **How I Caught the Killer**
10.00 **Police 24/7**
12.00 M'T **Killer in My Village**
1.00 AM **Most Evil Killers**
2.00 **Murders That Shocked the Nation**
3.00 **Murdered at First Sight**
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **The Stuarts**
9.20 **WWII in Colour: Road to Victory**
10.30 **Cleopatra: Portrait...**
11.45 **Ancient Egypt: Life and Death in the Valley of the Kings**
1.00 PM **The Stuarts**
2.20 **WWII in Colour: Road to Victory**
3.30 **Cleopatra: Portrait...**
4.50 **Ancient Egypt: Life and Death in the Valley of the Kings**
6.05 **The Stuarts**
7.15 **WWII in Colour: Road to Victory**
8.20 **Cleopatra: Portrait of a Killer** The reign of the Egyptian queen.
9.35 **Ancient Egypt: Life and Death in the Valley of the Kings**
10.55 **WWII in Colour: Road to Victory**
12.00 M'T **Cleopatra: Portrait of a Killer** As 8.20pm.
1.15 **to 2.00** AM **America the Bountiful**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

THURSDAY

Thursday

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Aussie Snake Wranglers: Deadly Pursuit** Documentary.
7.00 **Monkey Life**
8.00 **Animals at Play**
9.00 **Orangutan Jungle School**
10.00 **Planet Shark**
11.00 **Malawi Wildlife Rescue**
12.00 NOON **Brazil Untamed**
1.00 PM **Monkey Life**
2.00 **Animals at Play**
3.00 **Orangutan Jungle School**
4.00 **Planet Shark**
5.00 **Gangs of Baboon Falls**
6.00 **Brazil Untamed**
7.00 **Monkey Life** Double bill.
8.00 **My Best Friend's an Animal**
9.00 **A Wild Year on Earth**
10.00 **Brazil Untamed** A search for the elusive giant otter.
11.00 **Gangs of Baboon Falls**
12.00 M'T **Malawi Wildlife Rescue**
1.00 AM **Aussie Snake Wranglers: Deadly Pursuit** Documentary.
2.00 **My Best Friend's an Animal**
3.00 **A Wild Year on Earth**
4.00 **Animals at Play**
5.00 **to 6.00** AM **Orangutan Jungle School**

Sky History 2

163/168 143 186

6.00 AM **World's Most Unexplained**
7.00 **Life After People**
8.00 **What on Earth?**
9.00 **History of Weapons**
10.00 **Combat Ships**
11.00 **Ancient Aliens**
1.00 PM **Alien Files: Unsealed**
2.00 **Walking Through History**
3.00 **Instruments of Death**
4.00 **World's Most Unexplained**
5.00 **Life After People**
6.00 **What on Earth?**
7.00 **History of Weapons** Experts test the deadliest weapons upgrades, including the Scorpio, the long sword and Henry's rifle.
8.00 **Combat Ships** Stories of the cut-throat world of river warfare.
9.00 **Bomber: Terror of WWII** How bomber aircraft dominated the skies throughout World War Two.
10.00 **Instruments of Death**
11.00 **Ancient Aliens** Double bill.
1.00 AM **Alien Files: Unsealed**
2.00 **Walking Through History**
3.00 **Instruments of Death**
4.00 **Curse of the Ancients**
5.00 **to 6.00** AM **Rust Valley Restorers**

Discovery Science

167 148 179

8.00 AM **How the Universe Works**
11.00 **Extreme Engineering**
12.00 NOON **Alaska Mega Machines**
1.00 PM **Blowing Up History**
3.00 **How the Universe Works**
6.00 **How It's Made: Dream Cars** The crew visit the birthplace of the Superformance MKIII.
6.30 The Koenigsegg One:1.
7.00 How the BMW i8 is made.
7.30 An insight into how the Superformance GT40 is made.
8.00 A visit to the birthplace of the Porsche 918 Spyder.
8.30 The Aston Martin Vanquish.
9.00 **How It's Made** A look at how linen ukuleles are made.
9.30 Focusing on the creation of motorised scooters.
10.00 An insight into how lab reactors are manufactured.
10.30 A look at how badminton rackets are made.
11.00 **How Do They Do It?**
1.00 AM **How the Universe Works**
4.00 **to 6.00** AM **Codes and Conspiracies**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Court Cam**
11.00 **Nightmare in Suburbia**
2.00 PM **Accident, Suicide or Murder?** As 8.00pm.
3.00 **An Hour to Kill**
6.00 **The First 48**
7.00 **Cold Case Files** A cold case is solved 42 years after a 23-year-old teacher vanished.
8.00 **Accident, Suicide or Murder?** New edition A devoted husband confesses to shooting his wife.
9.00 **Homicide Squad: New Orleans** Detective Rayell Johnson investigates the murder of Travis Hobbs.
10.00 **Ozark Law** New edition A new recruit faces a baptism by fire.
11.00 **Homicide Hunter**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Interrogation Raw**
2.00 **Homicide Hunter**
3.00 **Imperfect Murder**
5.00 **to 6.00** AM **Accident, Suicide or Murder?**

+1hour 256 333

WILD

165 145 182

8.00 AM **Yukon Vet**
9.00 **Last of the Giants: Wild Fish**
10.00 **America the Wild**
11.00 **Queens**
12.00 NOON **Heartland Docs**
1.00 PM **Ultimate Airport Dubai**
2.00 **The Hidden World of Snakes**
3.00 **Incredible Animal Journeys**
4.00 **Secrets of the Zoo**
5.00 **Critter Fixers: Country Vets**
6.00 **Yukon Vet**
7.00 **Secrets of the Zoo** The entire zoo is on watch as an elephant goes into labour.
8.00 **Shark Vs Whale** Marine biologist Ryan Johnson investigates shark attacks on humpback whales.
9.00 **Rogue Shark** A series of shark attacks in the same area of water in just 10 days.
10.00 **Alaska: The Next Generation**
11.00 **Ice Road Rescue**
12.00 M'T **Rocky Mountain Railroad**
1.00 AM **Africa's Deadliest**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Bizarre Animal Friends**

Discovery History

174 147 181

7.00 AM **Unexplained and Unexplored** As 8.00pm.
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** Scientists examine a huge black hole that lies at the heart of the galaxy.
1.00 PM **Mysteries at the Castle**
2.00 **Alien Highway**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Unexplained and Unexplored** Explorers Justin Fornal and Emiliano Ruprah search for a shipwreck in the Red Sea.
9.00 **Secrets Underground**
10.00 **How Do They Do It?**
11.00 **Massive Engineering Mistakes**
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **Mysteries at the Castle**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **Inside the Ambulance**
1.00 PM **Inside the Ambulance** Four editions, including at:
4.00 A patient with suspected sepsis is rushed to hospital.
5.00 **Three Up, Two Down**
8.20 **Three Up, Two Down** 4/6. Daphne finds rock 'n' roll difficult to stomach, forcing Sam to come to her rescue.
9.00 5/6. Sam decides to take up card-playing – much to Daphne's disapproval.
9.40 6/6. Nick and Angie spend their wedding anniversary in France, while Daphne has a visit from the police. (S2)
10.20 1/7. The major is discredited, leaving Daphne feeling confused and angry.
11.00 2/7. Daphne prepares for the Major's appointment at the police station, unaware that Sam is also about to make demands on her time. (S3)
11.35 **Three Up, Two Down**
5.30 **to 6.00** AM **The Lakes with Paul Rose**

+1hour 266 376

ID

154 140 166

8.00 AM **Breaking Homicide**
9.00 **American Monster**
11.00 **Disappeared**
12.00 NOON **Evil Lives Here**
1.00 PM **American Monster**
3.00 **Disappeared**
4.00 **Evil Lives Here**
5.00 **Murder Chose Me**
6.00 **People Magazine Investigates**
7.00 **Evil Online** The case of student Brandon Wentzell, who fell for Clarissa Chistiakov online. However, Chistiakov was a fake identity and Jessica Boudreau led Wentzell to his death.
8.00 Focusing on the case of 50-year-old real-estate agent Beverly Carter in Arkansas.
9.00 **American Detective with Lt Joe Kenda** Arson investigators find a man dead in a burned-out Kentucky home.
10.00 **The Murder Tapes**
12.00 M'T **Your Worst Nightmare**
2.00 AM **Murder Chose Me**
3.00 **People Magazine Investigates**
4.00 **to 6.00** AM **Evil Online**

+1hour 254 366

Discovery Turbo

161/172 146 180

7.00 AM **Wheeler Dealers**
8.00 **Motor Pickers**
9.00 **Outback Truckers**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Richard Hammond's Workshop** Richard finds a classic Mini that needs restoring.
1.00 PM **Bad Chad Customs**
2.00 **Salvage Hunters: Classic Cars**
3.00 **Outback Truckers**
4.00 **Shed and Buried: Classic Cars**
5.00 **Motor Pickers**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Shed and Buried: Classic Cars** Henry and Fuzz visit Stuart in Wales and uncover a Morris 35.
9.00 **Holden Bros. Restos**
10.00 **Outback Truckers**
11.00 **Wheeler Dealers**
12.00 M'T **Shed and Buried: Classic Cars** As 8.00pm.
1.00 AM **Richard Hammond's Workshop** As 12.00noon.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **One More Shot** Comedy. (2025, 15, 88min) ★★★
7.40 **King Ivory** Thriller with James Badge Dale. (2024, 15, 129min)
10.00 **Plainclothes** As 2.15am.
11.45 **Jurassic World: Rebirth**
2.05 PM **I Know What You Did Last Summer** Horror reboot. (2025, 15, 119min) ★★★
4.05 **How to Train Your Dragon** Fantasy. (2025, PG) ★★★★
6.15 **Reckless** Action comedy with Scott Adkins. (2026, 15, 91 min)

2.05 I Know What You Did...

8.00 Jurassic World: Rebirth Fantasy adventure starring Scarlett Johansson Mahershala Ali and Jonathan Bailey. A crack team infiltrate a forbidden island to collect the DNA of three key dinosaur species. With Rupert Friend. (2025, 12, 133min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

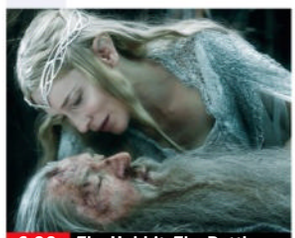
10.20 Bring Her Back Thriller starring Sally Hawkins. A brother and sister uncover a terrifying ritual at the secluded home of their new foster mother. (2025, 18, 104min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **M3GAN 2.0** Sci-fi thriller sequel with Allison Williams. (2025, 15, 120min) ★★★
2.15 **Plainclothes** Thriller starring Tom Blyth. (2025, 15, 95min)
4.00 **Reckless** As 6.15pm.
5.40 **to 6.00** AM **The Cinema List: Brit Hit**

Sky Cinema Book Day

303 303 403 503 517

6.35 AM **A Dog's Purpose** (2017)
8.30 **The Wild Robot** Animation. (2024, U, 102min) ★★★★
10.25 **Shrek** Animated comedy. (2001, U, 90min) ★★★★★
12.05 PM **The Hobbit: An Unexpected Journey** (2012)
3.05 **The Hobbit: The Desolation of Smaug** Fantasy adventure. (2013, 12, 161 min) ★★★★
6.00 **The Hobbit: The Battle of the Five Armies** Fantasy. (2014, 12, 144min) ★★★



6.00 The Hobbit: The Battle...

8.35 Wicked Part one of *The Wizard of Oz* prequel based on the hit stage musical, starring Cynthia Erivo and Ariana Grande. Misunderstood because of her green skin, a young woman named Elphaba forges an unlikely but profound friendship with Glinda, a student with an unflinching desire for popularity. With Jonathan Bailey, Michelle Yeoh and Jeff Goldblum. (2024, PG, 160min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Lemony Snicket's A Series of Unfortunate Events** Fantasy comedy starring Jim Carrey. (2004, PG, 103min) ★★★★
1.20 AM **The Hobbit: An Unexpected Journey** Peter Jackson's fantasy adventure starring Martin Freeman. (2012, 12, 165min) ★★★
4.20 **Sky Cinema Preview**
5.20 **to 7.15** AM **A Dog's Purpose** Family comedy drama. (2017, PG, 100min) ★★★

Sky Cinema Drama

310 310 410 510 524

6.45 AM **Burning an Illusion** (1981)
8.40 **An Officer and a Gentleman** Romantic drama with Richard Gere. (1981, 15, 125min) ★★★★
10.50 **Empire of the Sun** Director Steven Spielberg's epic drama. (1987, PG, 152min) ★★★★
1.35 PM **The Damned United** Biopic. (2009, 15, 98min) ★★★★
3.25 **It Ends with Us** Drama. (2024, 15, 125min) ★★★
5.40 **A Star Is Born** Music drama starring Lady Gaga and Bradley Cooper, who also directed. (2018, 15, 136min) ★★★★★
8.00 **Nuremberg** Thriller starring Russell Crowe and Rami Malek. A US Army psychiatrist is sent to assess high-ranking Nazi prisoners to decide if they are fit for trial. With Michael Shannon. (2025, 15, 148min) ★★★★★
10.40 **I, Tonya** Biopic starring Margot Robbie and Allison Janney. (2017, 15, 119min) ★★★★
12.40 AM **American Sniper** Biopic starring Bradley Cooper. (2014, 15, 127min) ★★★★
2.55 **Burning an Illusion** Drama. (1981, 15, 103min) ★★★
4.45 **to 6.25** AM **Five Easy Pieces** Cult drama with Jack Nicholson. (1970, 15, 98min) ★★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.50 AM **InnerSpace** As 10.30am.
8.55 **Gravity** Space thriller. (2013, 12, 91 min) ★★★★★
10.30 **InnerSpace** Sci-fi comedy thriller. (1987, PG, 119min) ★★★
12.30 PM **The Woman in the Yard** Horror. (2025, 15, 88min) ★★★
2.10 **Evolution** Sci-fi comedy. (2001, PG, 101 min) ★★★★
4.05 **Presence** Horror thriller. (2024, 15, 84min) ★★★★
5.45 **Constantine** Supernatural thriller. (2005, 15, 121 min) ★★★
8.00 **Get Out** Thriller starring Daniel Kaluuya and Allison Williams. After a photographer and his girlfriend visit her parents, he suspects there is more to the locals than meets the eye. (2017, 15, 104min) ★★★★★
9.50 **Nosferatu** Horror starring Bill Skarsgard and Lily-Rose Depp. A troubled woman forms a telepathic bond with a mysterious count. (2024, 15, 132min) ★★★★
12.10 AM **Presence** As 4.05pm.
1.40 **Strange Darling** Thriller starring Willa Fitzgerald and Kyle Gallner. (2023, 18, 97min) ★★★★
3.25 **Children of Men** Sci-fi thriller. (2006, 15, 109min) ★★★★★
5.25 **to 6.25** AM **Sky Cinema Preview**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.25 AM **Harold and the Purple Crayon** (2024, PG) ★★★
8.10 **Peter Pan** (2003, PG) ★★★★
10.10 **My Penguin Friend** Drama. (2024, PG, 98min) ★★★★
12.00 NOON **The Tiger Rising** Drama. (2022, PG) ★★★
1.50 PM **Ride On** Action drama. (2023, PG, 126min) ★★★
4.00 **Sonic the Hedgehog 3** Fantasy adventure sequel. (2024, PG, 110min) ★★★
6.00 **Hook** Fantasy. (1991, U) ★★★

8.30 Cats & Dogs

8.30 **Cats & Dogs** Fantasy comedy with the voice of Tobey Maguire. For centuries, dogs have been trying to save the world from fiendish cats. Then the felines come up with a plan to make humans allergic to their canines. (2001, PG, 87min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Cats & Dogs: The Revenge of Kitty Galore** Fantasy comedy sequel featuring the voices of James Marsden and Christina Applegate. (2010, U, 82min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **MouseHunt** Slapstick comedy. (1997, PG, 98min) ★★★★
1.05 AM **Yogi Bear** Family comedy. (2010, U, 81min) ★★★
2.30 **Spy Kids 2: Island of Lost Dreams** Action comedy sequel. (2002, U, 100min) ★★★★
4.15 **The Cat in the Hat** Fantasy. (2003, PG, 82min) ★★★★
5.40 **to 7.25** AM **MouseHunt** (1997)

Sky Cinema Action

307 307 407 507 521

6.15 AM **The Fast and the Furious: Tokyo Drift** (2006, 12) ★★
8.05 **Fast & Furious** Thriller sequel. (2009, 12, 107min) ★★★
9.55 **300: Rise of an Empire** Fantasy. (2014, 15) ★★★
11.55 **xXx: Return of Xander Cage** Action thriller. (2016, 12) ★★★
1.50 PM **Fast & Furious 6** Thriller. (2013, 12, 125min) ★★★
4.00 **Rampage** (2018, 12) ★★★
6.00 **Godzilla x Kong: The New Empire** (2023, 12) ★★★

6.00 Godzilla x Kong

8.00 **Spider-Man** Fantasy adventure starring Tobey Maguire. A nerdy schoolboy develops special powers after being bitten by a mutant spider and uses them to protect New York from evil forces. With Kirsten Dunst. (2002, 12, 121min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Fast & Furious Presents Hobbs & Shaw** Action adventure spin-off starring Dwayne Johnson and Jason Statham. (2019, 12, 137min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Indiana Jones and the Last Crusade** Steven Spielberg's action adventure. (1989, PG, 127min) ★★★★★
2.35 **Indiana Jones and the Kingdom of the Crystal Skull** Steven Spielberg's adventure. (2008, 12, 122min) ★★★
4.35 **to 6.25** AM **Clash of the Titans** Fantasy adventure. (2010, 12, 106min) ★★

Sky Cinema Comedy

308 308 408 508 522

6.45 AM **Ferris Bueller's Day Off** Comedy. (1986, 12) ★★★★
8.35 **The Intern** Comedy. (2015, 12, 121min) ★★★★
10.45 **Mean Machine** (2001, 15) ★★
12.35 PM **White Chicks** Slapstick comedy. (2004, 15, 109min) ★
2.35 **The Man with Two Brains** Comedy. (1983, 15) ★★★★
4.15 **The Wedding Singer** Comedy. (1998, 12, 97min) ★★★★
6.00 **Ted 2** Comedy sequel. (2015, 15, 112min) ★★★

8.00 Bridget Jones's Baby

8.00 **Bridget Jones's Baby** Romantic comedy sequel starring Renée Zellweger and Colin Firth. After a pair of one-night stands, the now single Bridget Jones winds up pregnant. With Patrick Dempsey and Emma Thompson. (2016, 15, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **American Reunion** Comedy sequel starring Jason Biggs. The group of friends get together some 13 years after leaving high school. (2012, 15, 108min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Jackass Presents: Bad Grandpa** Slapstick comedy. (2013, 15, 92min) ★★★
1.50 **Jackass: The Movie** Slapstick comedy. (2002, 18, 87min) ★
3.20 **Jackass 3** Slapstick comedy sequel. (2010, 15, 93min) ★★
5.00 **to 6.30** AM **Jackass Presents: Bad Grandpa .5** Comedy. (2014, 15, 82min) ★★

Sky Cinema Thriller

309 309 409 509 523

7.00 AM **Restless** Dark thriller. (2024, 15, 89min) ★★
8.40 **Mob Cops** As 12.30am.
10.20 **The Saint** Movie version of the cult TV series. (1997, 12) ★★★
12.20 PM **Black Bag** Spy thriller. (2024, 15, 94min) ★★★★
2.00 **Three Days of the Condor** Thriller. (1975, 15) ★★★★
4.00 **Speak No Evil** Horror. (2024, 15, 110min) ★★★★
6.00 **Lethal Weapon 3** Comedy thriller sequel. (1992, 15) ★★

10.10 Chinatown

8.00 **Lethal Weapon 4** Action comedy thriller sequel starring Mel Gibson and Danny Glover. The maverick LA cop duo tangle with a gangster from the Hong Kong underworld. With Joe Pesci and Rene Russo. (1998, 15, 128min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Chinatown** Roman Polanski's thriller starring Jack Nicholson and Faye Dunaway. A private investigator takes a routine matrimonial case and stumbles into a web of deceit and murder. (1974, 15, 131min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Mob Cops** Crime drama. (2024, 15, 87min) ★
2.10 **Every Breath You Take** Thriller starring Casey Affleck. (2021, 15, 105min) ★★★
4.10 **to 6.25** AM **The Alto Knights** Crime drama with Robert De Niro. (2024, 15, 123min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Send Me No Flowers** Comedy with Rock Hudson. (1964, U, 100min) ★★★
1.05 PM **Gunman's Walk** Western. (1958, PG, 95min) ★★
2.55 **Patton** World War Two biopic. (1969, PG, 163min) ★★★★
6.15 **Bridge of Spies** Steven Spielberg's fact-based Cold War drama starring Tom Hanks and Mark Rylance. (2015, 12, 142min) ★★★★

9.00 Reality

Bridge of Spies (film started at 6.15pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Reality** Drama starring Sydney Sweeney. A former intelligence specialist is sentenced for the release of information to the media about interference in the 2016 elections. (2023, 12, 83min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10.40 **Salt** Action thriller with Angelina Jolie, Chiwetel Ejiofor and Liev Schreiber. (2010, 12, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

11 PM

12.35 AM **Zola** Crime comedy drama starring Taylour Paige. (2020, 18, 86min) ★★★★
2.20 **to 4.00** AM **Shiva Baby** Comedy drama with Rachel Sennott and Danny Deferrari. (2020, 15, 77min) ★★★★

+1hour 314 430 47 301 257

Sky Cinema Horror Hits

302 302 402 502 516

6.00 AM **The Crazies** Horror remake. (2010, 15, 101min) ★★★★
7.55 **Pitch Black** As 1.55am.
9.50 **Jaws** As shown at 5.50pm.
12.00 NOON **M3GAN 2.0** Sci-fi thriller sequel. (2025, 15, 120min) ★★★
2.10 PM **A Quiet Place** Horror. (2018, 15, 90min) ★★★★
3.55 **A Quiet Place: Day One** Horror prequel starring Lupita Nyong'o. (2024, 15, 100min) ★★★★

5.50 **Jaws** Steven Spielberg's thriller starring Roy Scheider. (1975, 12, 125min) ★★★★★
8.00 **28 Years Later** Danny Boyle's horror sequel with Jodie Comer and Aaron Taylor-Johnson. Decades since the rage virus took hold, one survivor leaves the safety of a fortified island on a mission into the mainland. (2025, 15, 115min) ★★★★
10.00 **Smile 2** Horror sequel starring Naomi Scott and Kyle Gallner. (2024, 18, 127min) ★★★★

12.10 AM **Pet Sematary** Supernatural thriller. (1989, 18, 103min) ★★★
1.55 **Pitch Black** Sci-fi chiller. (1999, 15, 108min) ★★★★
3.45 **Salem's Lot** Horror thriller. (2024, 15, 109min) ★★★
5.40 **to 6.00** AM **The Cinema List: Jurassic**

Sky Cinema Greats

304 304 404 504 518

6.15 AM **Sixteen Candles** (1984)
7.50 **Blazing Saddles** As 1.15am.
9.25 **In & Out** As shown at 2.50am.
11.00 **Back to the Future** Comedy. (1985, PG, 115min) ★★★★★
1.00 PM **Back to the Future Part II** Comedy adventure sequel. (1989, PG, 107min) ★★★
2.50 **Back to the Future Part III** Comedy adventure sequel. (1990, PG, 112min) ★★★★

4.50 **Ace Ventura Pet Detective** Comedy starring Jim Carrey. (1993, 12, 86min) ★★★★
6.20 **Ace Ventura: When Nature Calls** Comedy sequel with Jim Carrey. (1995, PG, 89min) ★★★
8.00 **Shirley Valentine** Romantic comedy starring Pauline Collins. (1989, 15, 108min) ★★★★
9.55 **Singin' in the Rain** Vintage musical about the transition from silents to talkies in 1920s Hollywood. Stars Gene Kelly. (1952, U, 102min) ★★★★★

11.40 **Sixteen Candles** Teen comedy. (1984, 12, 89min) ★★★
1.15 AM **Blazing Saddles** Mel Brooks' irreverent Western spoof. (1974, 12, 90min) ★★★★
2.50 **In & Out** Comedy starring Kevin Kline. (1997, 12, 91min) ★★★
4.25 **to 6.20** AM **Shirley Valentine**

Sky Cinema Animation

305 305 405 500 514

6.00 AM **Straight Outta Nowhere: Scooby-Doo! Meets Courage...**
7.30 **Fox and Hare Save the Forest**
8.55 **Monsters vs Aliens** Animation. (2009, PG, 90min) ★★★
10.40 **Pil's Adventures** Animated adventure. (2021, U, 89min) ★★
12.20 PM **Monster Family 2** Animated sequel. (2021, U, 90min) ★
2.15 **Despicable Me 4** Animated sequel. (2024, U, 94min) ★★★

4.00 **Turbo** Animated comedy. (2013, U, 92min) ★★★★
5.45 **The Lego Movie 2: The Second Part** Animated sequel. (2019, U, 107min) ★★★★
7.45 **Rango** Animated Western. (2011, PG, 103min) ★★★★
9.45 **Teen Titans Go! & DC Super Hero Girls: Mayhem in the Multiverse** (2022, PG) ★★★
11.15 **Buffalo Kids** (2024, U) ★★★
12.50 AM **Straight Outta Nowhere: Scooby-Doo! Meets Courage the Cowardly Dog** (2021) ★★★

2.20 **Fox and Hare Save the Forest** Animation. (2024, U) ★★★
3.45 **Batman Unlimited: Mechs vs Mutants** Animated adventure. (2016, PG, 72min) ★★★
5.15 **to 7.00** AM **Noah's Ark** Animated family adventure. (2024, U, 96min) ★★★

Movies 24

312 313 419

7.00 AM **Signed, Sealed, Delivered: To the Moon and Back** Mystery. (2025, PG, 90min) ★★
9.00 **Junebug** Fantasy drama. (2024, PG, 84min) ★★
11.00 **Mystery Island: Winner Takes All** Drama. (2025, PG) ★★
1.00 PM **Learning to Love** Comedy drama. (2023, PG, 89min) ★★
3.00 **Writing a Love Song** Romantic drama. (2024, PG, 85min) ★★

5.00 **Eat, Love, London** Romantic drama. (2024, PG, 90min) ★★
7.00 **Making Waves** Romantic comedy starring Holland Roden. (2023, PG, 84min) ★★
9.00 **When Love Springs** Romantic comedy starring Rhiannon Fish and James William O'Halloran. A woman persuades the owner of a B&B to pose as her boyfriend after a run-in with her ex. (2023, PG, 84min) ★★
11.00 **Blind Date Book Club** Drama. (2024, PG, 90min) ★★

1.00 AM **Mountain Rescue Romance** Romantic comedy. (2023, PG, 84min) ★★
3.00 **to 5.00** AM **Hashtag Proposal** Romantic comedy drama. (2023, PG, 87min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Black Saddle** 4/24. (S2)
6.30 **Tarzan and the Green Goddess** Jungle adventure. (1938, b/w, PG, 57min) ★
7.50 **It's a Great Day** Family drama. (1955, b/w, U, 71min) ★★
9.10 **You Pay Your Money** Thriller. (1957, b/w, U, 68min) ★
10.25 **Beneath the Twelve Mile Reef** Adventure. (1953, PG) ★★
12.30 PM **Cinebox Memories**

12.35 **The Danziger Studios Story**
1.40 **Three Sundays to Live** Thriller. (1957, b/w, U, 71min) ★★★
3.00 **Crown Court** Triple bill.
4.30 **Lorna Doone** Romantic drama. (1951, b/w, U, 88min) ★★★
6.15 **Cinebox Memories**
6.20 **Strange But True**
6.55 **The Brothers** 10/10. (S1)
8.00 **Mark Saber** 23/39. (S4)
8.30 **The Wheeltappers and Shunters Social Club**
9.20 **Malta Story** Wartime drama. (1953, b/w, U, 103min) ★★★

11.25 **Doomwatch** 1/13. (S1)
12.25 AM **A Good Read: Sherlock Holmes** *The Stockbroker's Clerk.*
1.15 **Look at Life**
1.30 **Crown Court** Triple bill.
3.00 **Battle of the V1** War drama. (1958, b/w, PG, 109min) ★★
5.00 **to 6.00** AM **Burke's Law**

THURSDAY Sport 5 March

Thursday

Sky Sports Main Event

401 401 501 419 439

- 6.00 AM LIVE **LPGA Tour Golf** The opening day of the Blue Bay LPGA on Hainan Island in China.
- 9.00 **Sky Sports Breakfast**
- 10.00 **Sky Sports FC**
- 10.30 LIVE **DP World Tour Golf** Day one of the Joburg Open at Houghton Golf Club, South Africa.
- 1.00 PM LIVE **Men's T20 World Cup** The second semi-final at Wankhede Stadium, Mumbai.
- 5.00 LIVE **PGA Tour Golf** Coverage of day one of the Arnold Palmer Invitational in Orlando, Florida.
- 7.00 LIVE **Premier League Darts** Coverage of the fifth night staged at Utilita Arena Cardiff.
- 11.00 LIVE **WTA & ATP Tennis** Day two of the Indian Wells Open at Indian Wells Tennis Garden.
- 1.00 AM LIVE **Formula 1** Australian Grand Prix first practice session.
- 2.55 LIVE **Formula 3** The Australian Grand Prix qualifying session.
- 3.40 **Cycle to Work with Leclerc**
- 3.50 LIVE **Formula 2** The Australian Grand Prix qualifying session.
- 4.45 **to 6.15** AM LIVE **Formula 1** The Australian Grand Prix second practice at Albert Park Circuit.

Sky Sports Premier League

402 402 502 420 440

- 6.00 AM **PL Greatest Games**
- 7.00 **Premier League Legends**
- 8.00 **Premier League 100 Club**
- 9.00 **Premier League Stories**
- 9.30 **Transfer 360** David Ginola.
- 10.00 **Sky Sports FC**
- 12.00 NOON **Premier League Years** A look at the 2015/16 season.
- 2.00 PM **PL Retro** Manchester City v Queens Park Rangers from 2012.
- 4.00 **Premier League Stories**
- 4.30 **Transfer 360** Why David Ginola signed for Newcastle United.
- 5.00 **The Premier League Show**
- 7.00 **The Big Interview**
- 7.30 **Premier League Stories**
- 8.00 **Transfer 360** Focusing on the transfers of Gareth Barry.
  8.30 The inside story of Jürgen Klinsmann's move to Spurs.
- 9.00 **The Big Interview**
- 9.30 **Premier League Stories**
- 10.00 **Transfer 360** Focusing on the transfers of Gareth Barry.
  10.30 The inside story of Jürgen Klinsmann's move to Spurs.
- 11.00 **Premier League Years** A look back at the 2016/17 season.
- 1.00 AM **PL Retro** Another chance to see Arsenal v Everton from 1998.
- 3.00 **PL Greatest Games**
- 4.00 **to 6.00** AM **PL Best Goals**

Sky Sports Football

403 403 503 421 441

- 6.00 AM **EFL Cup** The 2012 final.
- 8.45 **EFL Greatest Games**
- 10.00 **Championship Season Review**
- 11.00 **EFL Rivalries**
- 12.00 NOON **Bundesliga**
- 12.30 PM **EFL Highlights**
- 2.15 **SPFL** Aberdeen v Celtic.
- 2.30 **EFL League One & Two Goals**
- 3.30 **Bundesliga Highlights Show**
- 4.30 **EFL Highlights** Championship.
- 5.30 **SPFL Highlights**
- 5.45 **EFL Highlights**
- 6.30 **Bundesliga Weekly**
- 7.00 **EFL League One Goals**
- 7.30 **EFL League Two Goals**
- 8.00 **Bundesliga** Highlights of Borussia Dortmund v Bayern Munich.
- 8.30 **SPFL Highlights** Action from Aberdeen v Celtic at Pittodrie.
- 8.45 **EFL Highlights** Oxford United v West Bromwich Albion.
  9.00 Preston North End v Millwall.
  9.15 QPR v Sheffield United.
  9.30 Action from Sheffield Wednesday v Southampton.
  9.45 Highlights of Birmingham City v Middlesbrough.
- 10.00 **Bundesliga Weekly**
- 10.30 **EFL League One & Two Goals**
- 11.30 **EFL Greatest Games**
- 12.00 M'T **SPFL Greatest Games**
- 2.00 **to 6.00** AM **SPFL Highlights**

Sky Sports Cricket

405 405 505 422 442

- 6.00 AM **Men's T20 World Cup**
- 10.30 **The Story of the Men's T20 World Cup Final 2024**
- 11.30 **Men's T20 World Cup** Action from South Africa v Afghanistan.
  12.00 NOON The first semi-final.
- 1.00 PM LIVE **Men's T20 World Cup** The second semi-final from Wankhede Stadium, Mumbai.
- 5.00 **Best of ICC WT20**
- 5.15 **Best of England v South Africa**
- 5.30 **Men's T20 World Cup** Highlights from the first semi-final.
- 6.30 **The Story of the Men's T20 World Cup Final 2024**
- 7.30 **Men's T20 World Cup** Action from Sri Lanka v New Zealand at R.Premadasa Stadium, Colombo.
  8.00 The second semi-final.
- 9.00 **Men's T20 World Cup Review**
- 9.30 **Men's T20 World Cup** Action from the second semi-final held at Wankhede Stadium, Mumbai.
- 10.30 **Men's T20 World Cup Review Show** Recent highlights.
- 11.00 **Men's T20 World Cup** Highlights from India v Pakistan at R.Premadasa Stadium, Colombo.
- 11.30 **Men's T20 World Cup Review**
- 12.00 M'T **to 6.00** AM **Men's T20 World Cup**

Sky Sports Golf

406 406 506 423 443

- 6.00 AM LIVE **LPGA Tour Golf** Day one of the Blue Bay LPGA staged at Jian Lake Blue Bay Golf Club.
- 9.00 **Tour Golf Highlights**
- 9.30 **Ladies European Tour Golf**
- 10.30 LIVE **DP World Tour Golf** Coverage of the opening day of the Joburg Open at Houghton Golf Club, South Africa. Scotland's Calum Hill won last year's event.
- 3.30 PM LIVE **PGA Tour Golf** The opening day of the Arnold Palmer Invitational staged at Bay Hill Club & Lodge in Orlando, Florida.
- 11.00 **PGA Tour Champions**
- 12.00 M'T **How the 1995 Ryder Cup Was Won** Event review.
- 2.00 AM **Tee Time Tips**
- 3.00 **Playing Lessons**
- 4.00 **to 6.00** AM LIVE **LPGA Tour Golf** Day two of the Blue Bay LPGA at Jian Lake Blue Bay Golf Club on Hainan Island in China.

Sky Sports Tennis

408 408 508 425 445

- 6.00 AM **WTA & ATP Tennis**
- 12.00 NOON **WTA & ATP Tennis** The Dubai Championships finals.
- 2.00 PM **ATP Tennis** Rio Open final.
- 3.00 **WTA & ATP Tennis** The opening day of the Indian Wells Open.
- 7.00 PM **to 6.00** AM LIVE **WTA & ATP Tennis** Coverage of the second day of the Indian Wells Open staged at Indian Wells Tennis Garden, featuring the conclusion of the first round. British star Cameron Norrie claimed a 6-3 6-0 victory over Italy's Luca Nardi at this stage 12 months ago, but their was disappointment for his compatriot Jacob Fearnley who lost in three sets to Brazilian João Fonseca.

TNT Sports 1

410 413 521 408 430

- 6.00 AM LIVE **LIV Golf** The first day of the third round of the season held at the Hong Kong Golf Club.
- 10.30 LIVE **Ski Mountaineering** The mixed relay in Azerbaijan.
- 11.00 **Men's Cycling Pro Series**
- 12.00 NOON **MotoGP Highlights**
- 1.00 PM **Serie A – Full Impact**
- 1.30 **Champions League Magazine**
- 2.00 LIVE **Ski Jumping** Day one of the women's HS130 in Lahti.
- 3.45 LIVE **Biathlon** The women's individual event in Kontiolahti.
- 5.45 **MotoGP Rewind**
- 6.00 **Match Officials Mic'd Up**
- 6.30 **Premier League: Big Interview**
- 7.00 LIVE **Premier League Tottenham Hotspur v Crystal Palace.** Coverage of the top-flight match from Tottenham Hotspur Stadium. The reverse fixture saw Tottenham pick up a 1-0 away victory. Kick-off **8.00pm**.
- 11.00 **Training Day** Tottenham.
- 11.15 **The Club That George Built**
- 12.45 AM **TNT Sports Reload**
- 1.00 **MotoGP Highlights**
- 2.00 **LIV Golf** From Hong Kong.
- 3.30 **to 6.00** AM LIVE **LIV Golf** Day two of the third round staged at the Hong Kong Golf Club.

TNT Sports 2

411 414 522 409 431

- 6.30 AM **TNT Sports Reload**
- 6.45 **MotoGP Rewind**
- 7.00 **AFL** Western Australia v Victoria.
- 8.30 LIVE **AFL Sydney Swans v Carlton Blues.** Coverage from Sydney Cricket Ground. Bounce-up **8.30am**.
- 11.30 **Ultimate Pool** Recent action.
- 1.00 PM **Marathons** Tokyo Marathon.
- 2.00 **Men's Cycling Pro Series**
- 3.00 **Rolex SailGP Championship**
- 4.00 **Women's One-Day International Cricket**
- 5.00 **LIV Golf** From Hong Kong.
- 6.30 **Men's Cycling Pro Series**
- 7.30 **Crouchy and Cole**
- 8.00 LIVE **MLB Cincinnati Reds v Los Angeles Dodgers.** The spring training match from Goodyear Ballpark in Goodyear. Start-time **8.05pm**.
- 11.00 **Fight Week** UFC 326 preview.
- 11.30 **UFC Countdown**
- 12.15 AM **Ultimate Pool**
- 1.45 **TNT Sports Reload**
- 2.15 **Women's T20 International Cricket** Australia v India.
- 5.15 **to 6.00** AM LIVE **Test Cricket Australia v India.** Day one of the one-off Test at Western Australian Cricket Association Ground, Perth.

Sky Sports Action

412 410 510 426 446

- 6.00 AM **NFL Highlights**
- 7.00 **Super Bowl LX Highlights**
- 8.00 **Super League Highlights**
- 9.00 LIVE **NRL Melbourne Storm v Parramatta Eels.** Coverage from AAMI Park in Melbourne. Kick-off **9.00am**.
- 11.00 **Super League Highlights**
- 12.00 NOON **NFL Highlights**
- 1.00 PM **Good Morning Football**
- 3.00 **NFL Highlights**
- 4.00 **Super League Highlights**
- 5.00 **NBC's Pro-Football Talk**
- 7.00 LIVE **Premier League Darts** Coverage of the fifth night staged at Utilita Arena Cardiff. The quarter-finals scheduled to take place are Michael van Gerwen v Luke Humphries, Gian van Veen v Jonny Clayton, Gerwyn Price v Stephen Bunting and Luke Littler v Josh Rock. Luke Littler won last year's final after he beat Michael van Gerwen 6-4.
- 11.00 **NFL Bitesize Highlights**
- 12.00 M'T **The Insiders** NFL news.
- 1.00 AM **Super League Highlights**
- 2.00 **World Club Challenge**
- 4.45 **NFL Bitesize Highlights**
- 5.30 **Super Bowl LX Bitesize**
- 5.45 **to 6.00** AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 504 427 447

- 6.00 AM **Sky Sports News**
- 7.00 **Sky Sports Breakfast**
- 9.00 LIVE **NRL Melbourne Storm v Parramatta Eels.** Coverage of the match staged at AAMI Park in Melbourne. Kick-off **9.00am**.
- 11.00 **Sky Sports FC**
- 12.00 NOON **Lunchtime Live**
- 12.30 PM LIVE **PGA Tour Golf** Coverage of day one of the Arnold Palmer Invitational held at Bay Hill Club & Lodge in Orlando, Florida. America's Russell Henley won this event last year, becoming the fifth consecutive US golfer to win this tournament since 2021, with Bryson DeChambeau, Kurt Kitayama and Scottie Scheffler all winning in the last five years.
- 7.30 LIVE **Super League Wakefield Trinity v Hull FC.** Coverage of the top-flight match staged at DIY Kitchens Stadium. Kick-off **8.00pm**.
- 10.15 PM **to 6.00** AM LIVE **WTA & ATP Tennis** Coverage of the second day of the Indian Wells Open, a hard-court tournament staged at Indian Wells Tennis Garden in Indian Wells, California.

Sky Sports Mix

416 412 511 429 449

- 6.00 AM **Premier League Darts**
- 10.00 **TGL** Atlanta Drive v Jupiter Links.
- 12.00 NOON **TGL** The Bay v Los Angeles.
- 2.00 PM **PL Greatest Games**
- 3.00 **Men's T20 World Cup**
- 4.00 **Super League** A replay of Hull Kingston Rovers v Leeds Rhinos.
- 6.45 **My Icon** Maggie Alphonsi.
- 7.00 **Indycar** Highlights from the Grand Prix of St. Petersburg.
- 8.00 **ATP Tennis** Acapulco Open final.
- 9.00 **TGL** Jupiter Links v Los Angeles.
- 11.00 **Men's T20 World Cup**
- 12.00 M'T **PL Greatest Games**
- 1.00 AM **TGL** A match replay.
- 3.00 **EFL Greatest Games**
- 4.00 **to 6.00** AM **T20 World Cup**

TNT Sports 3

413 415 523 410 432

- 6.00 AM **Premier League Stories**
- 6.30 **Ultimate Pool** Recent action.
- 8.00 **Alpine Skiing** Event highlights.
- 10.00 LIVE **Ski Mountaineering** The mixed relay in Shahdag, Azerbaijan.
- 11.00 **Premier League** A chance to see Fulham v West Ham United.
  12.30 PM Aston Villa v Chelsea.
  2.00 A chance to see Manchester City v Nottingham Forest.
  3.30 Brighton v Arsenal.
  5.00 Newcastle v Manchester Utd.
- 6.30 **Rylan: Homophobia, Football and Me** Documentary.
- 7.30 **TNT Sports Reload**
- 8.00 **MotoGP Highlights**
- 9.00 **LIV Golf** From Hong Kong.
- 10.30 **Women's One-Day International Cricket**
- 11.30 **AFL** Sydney Swans v Carlton Blues.
- 1.00 AM **Premier League**
- 3.30 **Race Bikes** Highlights.
- 4.00 **UFC Countdown**
- 4.45 **MotoGP Rewind**
- 5.00 **to 6.00** AM **Football**

TNT Sports 4

414 416 524 411 434

- 6.00 AM **A-League** Highlights.
- 12.00 NOON **The Emirates FA Cup**
- 5.00 PM **A-League Highlights**
- 5.30 **AFL** Another chance to see Sydney Swans v Carlton Blues.
- 7.00 **Discovery Golf** The latest news.
- 7.30 **Rolex SailGP Championship** Action from the third round of the season in Sydney, Australia.
- 8.30 **Ultimate Pool** Group A of the last eight of the Ultimate Pool Women's Champions League.
- 10.00 **Men's Cycling Pro Series** Action from the Laigueglia Trophy in Italy.
- 11.00 **Biathlon** In Kontiolahti, Finland.
- 11.30 **Ski Jumping World Cup** The women's HS130 in Lahti, Finland.
- 12.00 M'T **Discovery Golf**
- 12.30 AM **A-League Highlights**
- 1.00 **Fishing: On the Bank**
- 2.00 **Biathlon** In Kontiolahti, Finland.
- 2.30 **Ski Jumping World Cup**
- 3.00 **Formula E Flashback**
- 4.00 **to 6.00** AM **Supercars Championship Highlights**

Premier Sports 1

419 551

- 6.00 AM **Motorsport**
- 7.30 **Eredivisie Highlights**
- 8.30 **NHL Ice Hockey**
- 10.30 **Coppa Italia** Lazio v Atalanta.
- 12.30 PM **Top 14 Rugby Union**
- 1.00 **NASCAR Highlights**
- 2.00 **NHL on the Fly**
- 3.00 **Eredivisie Highlights**
- 4.00 **Scottish Football Social Club**
- 5.00 **LaLiga Match Highlights**
- 5.30 **Coppa Italia** Lazio v Atalanta.
- 7.30 **LaLiga Match Highlights**
- 8.00 **LaLiga** Valencia v Osasuna.
- 10.00 **World of FreeSports**
- 10.30 **Eredivisie Highlights** Action from the 25th round of fixtures.
- 11.30 **Scottish Football Social Club**
- 12.30 AM **LaLiga Match Highlights**
- 1.30 **NHL Specials** Florida Panthers.
- 2.30 LIVE **NHL Ice Hockey Los Angeles Kings v New York Islanders.** The inter-conference match staged at Crypto.com Arena. Face-off **2.30am**.
- 5.30 **to 6.00** AM **NHL: This is Hockey**

Premier Sports 2

420 552

- 6.00 AM **Temples of Sport**
- 7.00 **NASCAR O'Reilly Series**
- 10.00 **Bike World** Magazine.
- 10.30 **Motorsport** Valentino Rossi.
- 11.00 **Eredivisie** Another chance to see FC Twente v Feyenoord.
- 1.00 PM **NHL Ice Hockey** New Jersey Devils v Toronto Maple Leafs.
- 3.00 **NHL: This is Hockey**
- 3.30 **Football's Greatest**
- 4.00 **Eredivisie** PEC Zwolle v Ajax.
- 6.00 **Football's Greatest**
- 6.30 **NASCAR Trucks** The latest round of the season in St. Petersburg.
- 9.30 **Bike World** Magazine.
- 10.00 **NHL Ice Hockey** New Jersey Devils v Toronto Maple Leafs.
- 12.00 M'T LIVE **NHL Ice Hockey Philadelphia Flyers v Utah Mammoth.** Coverage of the inter-conference match at Xfinity Mobile Arena. Face-off **12.00m't**.
- 3.00 AM **Temples of Sport**
- 3.30 **Football's Greatest**
- 4.00 **to 6.00** AM **Eredivisie**

Sky Sports F1

407 407 507 424 444

- 6.00 AM **F1 Features**
- 10.30 **Formula 1** Australian Grand Prix.
- 11.30 **F1 Features**
- 1.15 PM **Formula 1** Highlights.
- 3.15 **The F1 Show: Lights Out**
- 4.15 **F1 Press Conference**
- 6.00 **Formula 1** Australian Grand Prix.
- 7.00 **The F1 Show: Lights Out**
- 8.00 **F1 Press Conference**
- 9.45 LIVE **Formula 3** The Australian Grand Prix practice session.
- 10.40 **F1 Features**
- 10.55 LIVE **Formula 2** The Australian Grand Prix practice session.
- 11.55 **F1 Features**
- 1.00 AM LIVE **Formula 1** Australian Grand Prix first practice session.
- 2.55 LIVE **Formula 3** The Australian Grand Prix qualifying session.
- 3.40 **Cycle to Work with Leclerc**
- 3.50 LIVE **Formula 2** The Australian Grand Prix qualifying session.
- 4.45 **to 6.15** AM LIVE **Formula 1** The Australian Grand Prix second practice session in Melbourne.

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Friday

6 March

Evening Planner

Winter Sports

Winter Paralympics Opening Ceremony

C4, from 6.30pm

The Games are officially launched with a ceremony at the Arena di Verona.

Rugby Union

Six Nations

ITV1 & S4C, kick-off 8.10pm

The penultimate round of the championship kicks off with Ireland v Wales at Dublin's Aviva Stadium.

Comedy

Ted

Sky One, 9pm (box set, Sky/NOW)

The bear (voiced by Seth McFarlane) returns for a second season, with John (Max Burkholder) set to start senior year.

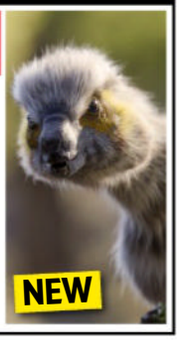
OnDemand

NETFLIX

The Dinosaurs

Available today

Morgan Freeman narrates this Steven Spielberg–produced series about the story of the dinosaurs.



SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 500 Words with The One...	7.45 Match of the Day: FA Cup Football – Live: Wolverhampton Wanderers v Liverpool (Kick-off 8.00)					10.10 News; Local News	
	102 BBC2	7.00 The Wild Gardener	8.00 Gardeners' World			9.00 Big Cats 24/7		10.00 Live at the...	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.20 Rugby Union: Six Nations – Live: Ireland v Wales (Kick-off 8.10)						10.40 News
	104 CHANNEL 4	‹ 6.30 Winter Paralympics – Live: Coverage of the opening ceremony				9.00 Gogglebox		10.00 The Last Leg	
	105 5	7.00 Celebrity Puzzling		8.00 Hippo Watch with Steve Backshall		9.00 Mary Celeste: Solving the Mystery		10.00 The X-Files	
	106 SKY ONE	7.00 The Simpsons		8.00 The F1 Show		9.00 Ted			10.30 Intelligence
ENTERTAINMENT	115 BBC3		7.05 Film: Spider-Man 2			9.00 Louis Theroux's Forbidden America		10.00 How to Win the Champions League	
	116 BBC4	7.00 TOTP: 1999		8.00 TOTP: 1978	8.30 TOTP: 1991	9.00 Simon & Garfunkel: The Concert in Central Park			10.30 Simon &...
	118 ITV2	7.00 Wheel of Fortune		8.00 Ant & Dec's Limitless Win		9.00 The Heat		10.00 Family Guy	
	136 MORE4	‹ 6.30 Crufts				9.00 Astrid: Murder in Paris		10.00 24 Hours in A&E	
	135 E4	7.00 The Simpsons	7.30 MAFS UK Does...	8.00 The Great Celebrity Bake Off for...		9.00 Film: Terminator: Dark Fate			
	107 SKY WITNESS	7.00 Police 24/7		8.00 Law & Order: Criminal Intent				10.00 Blue Bloods	
	108 SKY ATLANTIC	‹ 6.50 Game of Thrones				9.00 DTF St Louis		10.05 The Time Traveler's Wife	
	110 U&GOLD		7.05 Porridge	7.45 Dad's Army	8.20 Are You Being Served?	9.00 The Royle Family			10.15 Men Behaving Badly
	111 U&DAVE	7.00 Would I Lie to You?		7.40 Richard Osman's House of Games		9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Doc Martin				10.00 Endeavour	
	120 ITV4	7.00 Darts: UK Open – Live: The second session on day one							
	112 COMEDY CENTRAL	7.00 Friends				9.00 Lee Evans: Big – Live at the O2		10.00 Dara O Briain – Craic Dealer	
	145 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Westworld		10.05 The Leftovers	
	143 U&DRAMA	‹ 6.40 Last of the Summer Wine		8.00 Father Brown		9.00 Happy Valley			10.20 New Tricks
	109 U&ALIBI	7.00 Father Brown		8.00 Death in Paradise		9.00 CSI: Vegas		10.00 Father Brown	
	122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Guy Garvey: From the Vaults		9.00 Blur: Live at Wembley Stadium			
	132 U&W	7.00 The Supervet: Noel Fitzpatrick		8.00 Inside the Ambulance		9.00 999 Rescue Squad			
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers		8.00 Gold Rush		9.00 Expedition Files		10.00 Expedition Unknown	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 100 Days Wild		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation						10.00 Inside Melbourne Airport	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Combat Trains		9.00 Hitler's Handmaidens		10.00 Ancient Aliens: Origins	
	155 U&YESTERDAY	7.00 The Americas with Simon Reeve		8.00 'Allo 'Allo!				10.00 Bangers & Cash	
	114 SKY DOCS	7.00 Super/Man: The Christopher Reeve Story				9.00 Williams & Mansell: Red 5			
FILMS – Sky Cinema	301 PREMIERE	‹ 6.30 Pets on a Train		8.00 Icefall			9.45 Jurassic World: Rebirth		
	302 AWARD SEASON	‹ 6.10 Dunkirk		8.00 Sinners					10.20 Troy
	303 BOOK DAY	‹ 6.00 Wicked				8.50 Harold and the Purple Crayon			10.25 Oliver!
	304 GREATS	‹ 6.05 Lethal Weapon		8.00 Lethal Weapon 2				10.00 Pulp Fiction	
	305 ANIMATION	‹ 5.50 Madagascar...	7.35 Bee Movie				9.20 Pets on a Train		
	306 FAMILY	‹ 6.00 Stardust			8.20 Yogi Bear			9.50 Grow	
	307 ACTION	‹ 5.30 Furiosa: A Mad Max Saga		8.00 Spider-Man 2					10.15 Fast & Furious 8
	308 COMEDY	‹ 6.05 The Hangover		8.00 The Hangover Part II			9.45 The Hangover Part III		
	309 THRILLER	‹ 5.20 The Firm		8.00 The Fugitive					10.15 Hannibal
	310 DRAMA	‹ 6.00 Escape to Victory		8.00 The King's Speech				10.00 The Brutalist	
	311 SCI-FI	‹ 6.15 Annabelle		8.00 Annabelle: Creation				9.55 The Nun	
	313 FILM4		7.10 Taxi			9.00 The Equalizer			
SPORT	401 MAIN EVENT	7.00 PGA Tour Golf...	7.30 EFL – Live: Preston North End v Oxford United (Kick-off 8.00)						10.30 Tennis – Live
	402 PREMIER LEAGUE	7.00 PL Review		8.00 PL Stories	8.30 Big Interview	9.00 Netbusters	9.30 PL Stories	10.00 Big Interview	10.30 Netbusters
	403 FOOTBALL	7.00 EFL Highlights	7.30 EFL – Live: Preston North End v Oxford United (Kick-off 8.00)						10.30 SPFL Highlights
	405 CRICKET	7.00 ICC Men's T20 WC'26 – Review Show		8.00 The Story of the ICC Men's T20 World...		9.00 ICC Men's T20 World Cup			
	410 TNT SPORTS 1	‹ 6.00 World Baseball Classic – Live: Great Britain v Mexico					9.30 UEFA Magazine	10.00 PL Netbusters	10.30 Inside Serie A
	411 TNT SPORTS 2		7.15 Inside Serie A	8.00 Women's Test Match Cricket		9.00 FIM X-Trial World Championship – Live			10.15 MotoGP Highlights

‹ Denotes programmes starting before 7.00pm † Regions vary

FRIDAY

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Friday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Crimewatch Live** New edition (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Father Brown** New episode *The Bodhi Tree:* 7/10. Lady Felicia's friend drops dead. (S13) (S)(AD)
■ Entire series on BBC iPlayer
2.45 **Escape to the Country** (S)(R)(AD)
3.45 **Clean It, Fix It** (S)(R)
4.30 **Celebrity Antiques Road Trip** Series finale 5/5. Clare Grogan, Victoria Smurfit and Charles Dance hunt for treasures. (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

10.50 The Graham Norton Show

7 PM
7.00 **500 Words with The One Show** Alex Jones and Roman Kemp host the final of the writing contest from Windsor Castle. (S)
7.45 **LIVE Match of the Day: FA Cup Football** Wolverhampton Wanderers v Liverpool: All the action from the fifth-round tie at Molineux. Wolves have defeated two lower-league teams in Shrewsbury Town and Grimsby Town to reach this stage and now face a sterner test against the Reds, who they also met in the Premier League three days ago. Liverpool have comfortably overcome Barnsley and Brighton & Hove Albion so far and are among the favourites to win the trophy they last lifted in 2022. Kick-off is at 8.00. (S)

8 PM

9 PM

10 PM
10.10 **BBC News** (S)
10.40 **Local News** (S)
10.50 **The Graham Norton Show** New edition A compilation of highlights from the recent series, featuring a host of stars including Chris Pratt, Cynthia Erivo, Idris Elba, Erin Doherty and Wunmi Mosaku. (S)
11.35 **RuPaul's Drag Race UK vs the World** 6/8. Comedian Jayde Adams is on hand to help as for one night only the queens form comedy double acts for RuPaul's Fringe Festival. *Amandaland* star Lucy Punch joins RuPaul on the judging panel alongside Michelle Visage and Graham Norton. (S)(R)
12.45 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.50 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.45 AM **Bear Grylls: Wild Reckoning**
7.15 **Celebrity Antiques Road Trip** (R)
8.00 **Sign Zone: Clive Myrie's African Adventure** Double bill. (S)(R)(AD)
9.00 **BBC News** (S)
12.20 PM **Lifeline** (S)(R)
12.30 **Political Thinking with Nick Robinson** Topical discussion. (S)
1.00 **Impossible** Game show. (S)(R)
1.45 **Unbeatable** Quiz show. (S)(R)
2.15 **The Boss** Game show. (S)(R)
3.00 **The Vintage French Farmhouse** From L'Isle-sur-la-Sorgue. (S)(R)
3.45 **Villages by the Sea** (S)(R)
4.15 **Italy's Invisible Cities** (S)(R)(AD)
5.15 **Flog It!** From Dulwich College in south-east London. (S)(R)
6.00 **Richard Osman's House of Games** New edition Quiz. (S)
6.30 **Do You Know Your Place?** New edition From Wrexham. (S)

9.00 Big Cats 24/7

7.00 **The Wild Gardener** 2/2. During the second year, Colin Stafford-Johnson begins to reap the rewards of his labours, reflects on his journey so far and makes plans for the busy spring and summer months ahead. (S)(R)(AD)
8.00 **Gardeners' World** Series finale 4/4. Monty Don breathes new life into a tired agapanthus, pots up a fig tree and shares tips for growing roses. Plus, a retired GP shows Frances Tophill around his West Yorkshire garden. (S)
9.00 **Big Cats 24/7** New edition 2/6. The pride's mothers flee as intruder males threaten their cubs, leopard Lediba looks for her lost cub, and cheetah mum Pobe confronts a male leopard. (S)(AD)
■ Entire series on BBC iPlayer
10.00 **Live at the Apollo** Geoff Norcott introduces sets by Michelle de Swarte and Sean McLoughlin at London's Hammersmith Apollo. (S)(R)
10.30 **Newsnight** (S)
11.00 **FILM PREMIERE The End We Start From** Drama starring Jodie Comer. An environmental crisis sees London submerged by water, leading to a woman and her baby having to find their way home. With Joel Fry. (S) (2023, 15, 95min) ★★★★ *See review, page 27.*
12.35 AM **Sign Zone: Panorama – Will Robots Take My Job?** (S)(R)
1.05 **Sign Zone: Call the Midwife** (R)
2.05 **Sign Zone: Great British Menu** (R)
3.05 **Sign Zone: The Zero Line – Inside Russia's War** (S)(R)(AD)
4.05 **to 6.00** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** Current affairs and lifestyle features. (S)
9.30 **Lorraine** Entertainment, current affairs and fashion news. (S)
10.00 **This Morning** Celebrity chat, advice and lifestyle features. (S)
12.30 PM **Loose Women** Celebrity interviews and studio discussion from a female perspective. (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Lingo** Word-based quiz show hosted by Adil Ray. (S)(R)
3.00 **Riddiculous** New edition Quiz show hosted by Ranvir Singh. (S)
4.00 **Tipping Point** New edition Game show hosted by Ben Shephard. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

7.20 Rugby Union: Six Nations

7.20 **LIVE Rugby Union: Six Nations** Ireland v Wales: Jill Douglas presents all the action from the opening match in the fourth round of fixtures, held at Aviva Stadium. Garry Ringrose was shown a 20-minute red card last year at the Principality Stadium with Ireland 10-3 ahead, and Wales made the most of the visitors being down to 14 men by scoring 15 unanswered points to lead 18-10 thanks to tries from Jac Morgan and Tom Rogers. However, Six Nations debutant Jamie Osborne then scored a brilliant try for the Irish as they fought back to win 27-18. With analysis from Brian O'Driscoll, Rory Best, Dan Biggar and Jamie Roberts, reports by Gabriel Clarke, and commentary by Miles Harrison, Shane Williams and Gordon D'Arcy. Kick-off is at 8.10. (S)
10.40 **ITV News** (S)
11.10 **Local News** (S)
11.25 **FILM Bad Boys** Action comedy thriller starring Martin Lawrence, Will Smith and Téa Leoni. (S)(AD) (1995, 15, 115min) ★★★
1.20 AM **Teleshopping**
3.00 **The Summit** 6/8. Dockers tries to enlist fellow climbers into a secret group. (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Ant & Dec's Limitless Win** (S)(SL)(R)(AD)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 13-15/26. (S10) (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 4-7/24. (S5) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **LIVE Crufts** Claudia Winkleman and Clare Balding host the latest from the show. The Flyball is wide open this year with the reigning champions not in attendance. (S)
4.00 **A New Life in the Sun** (S)(R)
5.00 **Four in a Bed** New edition The hosts reveal their scores. (S)
5.30 **Come Dine with Me** New edition Civil servant Sandra hosts the fourth and final dinner party of the week from south Wales. (S)
6.00 **News** (S)

9.00 Gogglebox

6.30 **LIVE Winter Paralympics** Coverage of the opening ceremony of the Milano Cortina Paralympic Winter Games from the Arena di Verona. The Roman amphitheatre is the first Unesco World Heritage Site to be used in a Paralympic Ceremony. Ade Adepitan, Billy Monger, Ed Jackson, Dame Sarah Storey and Alice Tai preview the next nine days of elite sporting competition, highlighting the key athletes to watch out for and ParalympicsGB's main medal hopes. *See feature, page 28.* (S)
9.00 **Gogglebox** New edition The armchair critics share their opinions on what they have been watching during the week, with cameras capturing their instant reactions and lively discussions. (S)(AD)
10.00 **The Last Leg** New edition Adam Hills, Josh Widdicombe and Alex Brooker are joined by Nick Mohammed, Vittorio Angelone and Penny Mordaunt for a light-hearted review of the past week's significant events. (S)
11.05 **Rhod Gilbert: The Book of John** A stand-up show from Wales Millennium Centre in Cardiff. (S)(R)
12.40 AM **Bill Bailey: Cosmic Jam** The comedian's debut live stand-up show from 1996. (S)
1.35 **Ramsay's Kitchen Nightmares USA** From New York. (S)(SL)(R)
2.25 **Four in a Bed** Five editions. (S)(R)
4.40 **Sunday Brunch** (S)(R)
4.55 **to 6.00** AM **Our Welsh Chapel Dream** (S)(SL)(R)(AD)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Discussion. (S)
3.00 **The Good Ship Murder** 5/7. A pickpocketing ring aboard the ship spirals into murder. (S2) (S)(R)(AD)
4.00 **Bargain-Loving Brits in the Sun** New edition Simon tackles his first paid photo shoot. (S)
5.00 **News** (S)
6.00 **Love Nature** New edition The work of a rooftop beekeeper. (S)
6.05 **Motorway Cops: Catching Britain's Speeders** An emergency patrol team deal with a freak accident. (S)(R)
6.55 **News** (S)

8.00 Hippo Watch

7.00 **Celebrity Puzzling** New edition Host Jeremy Vine and team captains Carol Vorderman and Sally Lindsay are joined by Roger Black and Geoff Norcott. (S)
7.55 **News** (S)

8.00 **Hippo Watch with Steve Backshall** Series finale 2/2. The naturalist visits St Lucia, a South African town where hippos roam the streets freely at night, feeding on the manicured lawns and bushes of the residents. (S)

9.00 NEW **Mary Celeste: Solving the Mystery** Revealing how a non-destructive alcohol explosion may have panicked the crew of the *Mary Celeste*, a mystery that has baffled the world for 150 years. (S)

10.00 **The X-Files** *Drive:* 2/22. Mulder is kidnapped by a man whose wife's head exploded, and who believes they were the victims of a secret government experiment. Guest stars Bryan Cranston. (S6) (S)(R)

11.00 **Piers Morgan: Uncensored** New edition Highlights from the presenter's YouTube show. (S)
1.00 AM **Teleshopping** (S)(R)
2.30 **Friends** 21/25. (S3) (S)(R)(AD)
2.55 **Alex Polizzi: My Hotel Nightmare** (S)(R)
3.45 **Save Money on Your Supermarket Shop** (S)(R)
4.35 **Paul Martin's Antiques Showdown** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **Mornings with Jones and Melbourne**
8.00 **Stargate SG-1** (S1) (S)(R)
9.00 **NCIS: Los Angeles** (S13) (S)(R)
10.00 **Will & Grace** (S1) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **David Attenborough's Kingdom of Plants** (S)(R)
1.00 PM **Hawaii Five-0** (S1) (S)(R)
2.00 **NCIS: Los Angeles** (S13) (S)(R)
3.00 **S.W.A.T.** 9/22. (S1) (S)(R)(AD)
4.00 **Police 24/7** (S)(R)
5.00 **The Simpsons** *Homer Scissorhands:* Homer discovers a talent for styling hair. (S)(R)
5.30 *Donnie Fatso:* Homer takes part in an FBI operation. (S)(R)
6.00 **The Office (US)** 13/19. Jim and Pam visit Michael's house. (S)(R)
6.30 14/19. Kevin and Andy hatch a plan. (S4) (S)(R)

9.00 Ted

7.00 **The Simpsons** *500 Keys:* Lisa finds a classroom hidden beneath Springfield Elementary. (S)(R)
7.30 *The Ned-liest Catch:* Ned Flanders and Mrs Krabappel embark on a whirlwind romance. (S)(R)

8.00 **The F1 Show** A preview of the season-opening Australian Grand Prix, providing a sneak peek of the paddock and the personalities involved at the heart of the race.

9.00 NEW SERIES **Ted** *Talk Dirty to Me:* 1/8. Return of the comedy spin-off with the voice of Seth MacFarlane. *See feature, page 6.*
9.45 *Mrs Robicheck:* 2/8. Comedy spin-off from the film of the same name, depicting the early life of the sentient teddy bear. (S2)
■ Entire series on Box Sets

10.30 **Intelligence** 1/6. First episode of the comedy series starring Nick Mohammed and David Schwimmer. (S1) (S)(R)(AD)

11.00 **Grimm** 9/22. Nick and Hank investigate a murder and discover two people with a connection to the victim are magical creatures. (S1) (S)(R)
12.00 M'T **Police 24/7** Police find a woman covered in blood near a man that has been shot. (S)(R)
1.00 AM **The Force: Manchester** Documentary series. (S)(R)
2.00 **Road Wars** (R)
3.00 **Hawaii Five-0** 9/24. (S1) (S)(R)
4.00 **S.W.A.T.** 9/22. (S1) (S)(R)(AD)
5.00 **to 6.00** AM **Highway Patrol** (R)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
11.35pm The Chief (S)(R) (AD) **12.05am** A View from the Terrace (S)(R) **12.50** RuPaul's Drag Race UK vs the World New edition (S) **2.00** Weather for the Week Ahead (S) **2.05-6.00am** BBC News (S)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
6.55-7.00pm Party Political Broadcast (S)(R)

WALES
Sky **965**, Virgin **864**, Freesat **965**
No variations

BBC2

N. IRELAND
Sky **969**, Freesat **969**
10.00-10.30pm True North: Punchline – Fighting for Laughs (S)(R)

WALES
Sky **968**, Freesat **968**
7.00pm Scrum V Top 5 – Glenn Webbe (S)(R)
7.30-8.00pm The Hairy Bikers' Bakeation (S)(R)

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Sain Ffagan (AD) **12.30** Heno **1.00** Bois y Pizza: Chwe' Gwlad (AD) **1.30** Arfordir Cymru: Llyn **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Stori'r Iaith **4.00** Awr Fawr **5.00** Stwnsh **6.00** Y Deis **6.30** Heno New edition **7.00** Newyddion a'r Tywydd **7.30** LIVE Clwb Rygbi Rhyngwladol **10.40-11.45pm** Jonathan

TV&Satellite week
New issue on sale now

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 FILM **Spider-Man 2** Fantasy adventure sequel starring Tobey Maguire and Kirsten Dunst. Tempted to abandon his secret identity as crime-fighting superhero Spider-Man, Peter Parker finds his special powers are required to combat a new criminal adversary. (2004, PG, 127min) ★★★★
9.00 **Louis Theroux's Forbidden America** 1/3. Exploring the impact of the internet on controversial areas of American society.
10.00 **How to Win the Champions League** 1/3. A look at what it takes to achieve continental success. **10.35** 2/3. A look at Liverpool's 2019 triumph. **11.05** 3/3. A profile of manager Jose Mourinho.
11.50 **Tommy: The Good. The Bad. The Fury**
12.50 AM **Louis Theroux's Forbidden America**
1.50 **to 3.55** AM **Tommy: The Good. The Bad. The Fury**

MORE4

136/137 127 147 18 124 15

8.55 AM **The Perfect Pitch**
9.30 **Find It, Fix It, Flog It**
10.25 **A Place in the Sun**
11.30 **Come Dine with Me**
2.05 PM **Four in a Bed**
4.40 **The Dog House** Three-legged Labrador Dave seeks a new best friend, and his owners Laura and Paul hope that Luna, the nervous saluki, will win Dave over.
5.25 **The Dog House Australia** Three-year-old Ollie and his family embark on a search for a forever friend.
6.30 LIVE **Crufts** Further live coverage, featuring a special event for vulnerable breeds and the Freestyle Heelwork to Music competition.
9.00 **Astrid: Murder in Paris** New episode *They Shoot Jockeys, Don't They?* 7/8. A racehorse belonging to a prestigious stable is killed with an exotic antiquarian weapon, just before a famous race. Subtitled. (S5)
10.00 **24 Hours in A&E** A 45-year-old woman is rushed in following an accident at a fun run.
11.05 **24 Hours in A&E** A woman is rushed in with serious head and chest injuries following a car crash.
12.10 AM **999: On the Front Line** Documentary.
1.15 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 347 125

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **TOTP: 1999** Featuring 911, Bryan Adams, Whitney Houston, Kula Shaker, Fierce and Stereophonics. **7.30** Performances by Shania Twain, Geri Halliwell, Super Furry Animals, Skunk Anansie and Boyzone.
8.00 **TOTP: 1978** With Darts, Kate Bush, Nick Lowe, Andy Williams, Samantha Sang, Rita Coolidge and ABBA.
8.30 **TOTP: 1991** Performances by N-Joi, Massive Attack, Jesus Jones and The Clash.
9.00 **Simon & Garfunkel: The Concert in Central Park** The duo's 1981 reunion concert in New York City.
10.30 **Simon & Garfunkel: The Harmony Game** A look at the making of the duo's 1970 album *Bridge Over Troubled Water*.
11.40 **Sounds of the Sixties: The Folk Revival**
12.10 AM **Peter, Paul and Mary: Rhythm on Two**
1.10 **TOTP: 1999** Double bill.
2.10 **TOTP: 1978** As 8.00pm.
2.40 **to 3.10** AM **TOTP: 1991**

E4

135/136 126 106 13 122 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Goldbergs**
10.00 **Modern Family**
11.00 **Ramsay's Kitchen Nightmares USA**
1.00 PM **Brooklyn Nine-Nine**
2.00 **The Simpsons**
3.00 **The Goldbergs**
4.00 **Modern Family**
5.00 **Brooklyn Nine-Nine**
6.00 **The Simpsons**
7.00 **The Simpsons** *Bart's in Jail!* Grampa falls victim to a phone scam.
7.30 **MAFS UK Does Come Dine with Me** On the final night, Kristina Goodsell hosts an orange party.
8.00 **The Great Celebrity Bake Off for Stand Up to Cancer** Featuring Anneka Rice, John Bishop, Nadine Coyle and Ade Adepitan.
9.00 FILM **Terminator: Dark Fate** Sci-fi adventure sequel with Arnold Schwarzenegger and Linda Hamilton. Sarah Connor must stop an advanced liquid Terminator. (2019, 15, 123min) ★★★★
11.25 **Naked Attraction**
1.35 AM **Gogglebox**
2.35 **First Dates**
3.30 **Brooklyn Nine-Nine**
4.15 **The Goldbergs**
5.05 **to 6.00** AM **Don't Tell the Bride: Revisited**

+1 hr 235/236 306 30 123 256

primetime

primetime

FRIDAY Entertainment

Friday

Sky Witness

107 107 110 341 356

- 6.00 AM **Bondi Rescue**
- 7.00 **Nothing to Declare**
- 8.00 **Customs UK**
- 9.00 **Send in the Dogs**
- 10.00 **Air Ambulance ER**
- 11.00 **Caught on Dashcam**
- 12.00 NOON **FBI** 9/13. Nina and Scola try to find the person who killed an FBI agent. (S6)
- 1.00 PM **The Rookie** 5&6/20. (S2)
- 3.00 **Law & Order: Criminal Intent** 16/23. A man's release from prison coincides with the murder of his wife. (S2)
- 4.00 **Nothing to Declare**

9.00 Law & Order: Criminal...

Sky Atlantic

108/109 108/109 342 357

- 6.00 AM **Urban Secrets**
- 7.55 **The Sopranos** 3&4/13. (S1)
- 10.00 **Boardwalk Empire** (S1)
- 1.15 PM **Boardwalk Empire** 6/12. A mugging on the Boardwalk puts Nucky on Luciano's trail.
- **2.25** 7/12. Nucky is forced to confront painful memories.
- **3.30** 8/12. Nucky tries to pull some strings at the Republican Party convention.
- **4.35** 9/12. Jimmy's return takes Nucky and Angela by surprise.
- **5.40** 10/12. Nucky gets an unexpected opportunity. (S1)

5.40 Boardwalk Empire

ITV2

118 122 115 6 113 6

- 6.00 AM **CITV**
- 7.30 **Buying the View**
- 7.55 **Billie and Greg: Family Diaries**
- 8.55 **The Only Way Is Essex**
- 9.55 **Real Housewives of Miami**
- 10.50 **Real Housewives of Beverly...**
- 11.50 **Ant & Dec's Limitless Win**
- 12.50 PM **Wheel of Fortune**
- 1.50 **The Only Way Is Essex**
- 2.55 **Real Housewives of Cheshire**
- 3.55 **Real Housewives of Miami**
- 4.50 **Real Housewives of Beverly Hills** Reality series.
- 6.00 **Celebrity Catchphrase**

9.00 The Heat

ITV3

119 123 117 10 115 7

- 6.00 AM **Never the Twain**
- 6.35 **On the Buses**
- 7.05 **Classic Emmerdale**
- 8.10 **Classic Coronation Street**
- 9.10 **A Touch of Frost**
- 11.15 **Heartbeat** Double bill.
- 1.25 PM **Midsomer Murders** *Who Killed Cock Robin?* Barnaby encounters an adversary. Guest stars Larry Lamb.
- 3.35 **Classic Emmerdale**
- 4.40 **Classic Coronation Street**
- 5.50 **Heartbeat** *Strike Up the Band:* Rivalry between two brass bands gets out of hand.

8.00 Doc Martin

ITV4

120 124 118 26 117 21

- 6.00 AM **The Big Match Revisited**
- 8.10 **Magnum, PI**
- 9.15 **Kojak**
- 10.20 **Boon**
- 11.25 **The Protectors**
- 12.00 NOON **LIVE Darts: UK Open** Pete Graves hosts coverage of the opening session on day one from Butlin's Minehead, featuring matches in the first, second and third rounds.
- 5.00 PM **Great Racehorses**
- 5.20 **River Monsters**
- 5.55 **Aussie Pickers** A huge collection of military items.

7.00 Darts: UK Open

7 PM

7.00 Police 24/7 Multiple officers are needed to arrest a fleeing suspect, and a traffic stop leads to the seizure of a gun.

6.50 Game of Thrones *Mhysa:* 10/10. Daenerys discovers if she'll be remembered as a conqueror or a liberator in Yunkai. (S3)

7.00 Wheel of Fortune Graham Norton hosts the game show as contestants try to solve word puzzles and win big money.

6.55 Heartbeat *Return Crossing:* A widow becomes embroiled in her late husband's corrupt dealings.

7.00 LIVE Darts: UK Open Pete Graves presents coverage of the second session on day one from Butlin's Minehead, featuring matches in the fourth round. The world's top 32 players enter the fray at this stage in the competition often known as 'the FA Cup of Darts' due to the random nature of the draw. An epic clash between Peter Wright and Luke Littler took place at this stage last year, with Littler prevailing 10–9 and going on to win the title. Commentary and analysis from Wayne Mardle, Glen Durrant and Chris Mason.

8 PM

8.00 Law & Order: Criminal Intent *Trophy Wine:* 5/8. A wine connoisseur is found dead. Guest stars Adrian Pasdar.

8.00 Game of Thrones *Two Swords:* 1/10. Tyrion is sent to greet a royal party from Dorne, and Jon Snow finds himself on trial. (S4)

8.00 Ant & Dec's Limitless Win Best friends Terri and Jess take on the money ladder to win a life-changing cash prize.

8.00 Doc Martin *City Slickers:* 3/7. New neighbours disturb Portwenn, upsetting the locals with their unusual lifestyle.

9 PM

9.00 Law & Order: Criminal Intent *Cadaver:* 6/8. Goren and Eames investigate the death of a philanthropist. (S10)

9.00 DTF St Louis *Cornhole:* 1/7. Black comedy starring David Harbour, Jason Bateman and Linda Cardellini. (S1)

9.00 The Heat Series finale It's the final service and one chef must be crowned as star chef, but love might still be the dish of the day.

9.00 Doc Martin *The Admirer:* 4/7. Louisa faces off with Carrie for Martin's affections and romance is in the air for Joan. (S3)

10 PM

10.00 Blue Bloods *Hate Is Hate:* 1/20. Danny consults a psychic in order to solve the murder of a young boy. (S12)

- 11.00 **Blue Bloods** 2/20. (S12)
- 12.00 M'T **Law & Order: SVU** (S25)
- 1.00 AM **Law & Order: Criminal...**
- 2.00 **Caught on Dashcam**
- 3.00 **Road Wars**
- 4.00 **The Good Doctor** 15/18. (S5)
- 5.00 **to 6.00** AM **Stop, Search, Seize**

+1 hour 207 310

10.05 The Time Traveler's Wife 1/6. Adaptation of Audrey Niffenegger's novel, starring Rose Leslie and Theo James. (S1)

- 11.05 **Task** 6/7. The task force, Dark Hearts and Robbie converge in the woods. (S1)
- 12.15 AM **The Wire** 5/13. (S1)
- 1.25 **True Blood** 5/12. (S1)
- 2.25 **Game of Thrones** (S3)
- 4.35 **In Treatment** (S2)
- 5.05 **to 6.30** AM **The Guest Wing**

+1 hour 208/209

10.00 Family Guy 16/20. Peter works from home due to his excessive sweating.
10.30 10/20. Lois gets a job at Chris and Meg's school. (S18)

- 11.00 **Family Guy** 11/20. Brian becomes a local hero by catching a robber. (S18)
- 11.30 **American Dad!** 8&5/22. (S16)
- 12.30 AM **The Heat** As 9.00pm.
- 1.35 **Bob's Burgers** 15&17/22. (S13)
- 2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

10.00 Endeavour *Striker:* A murder at an Oxford college has potentially far-reaching political ramifications, while the IRA threaten the life of Oxford Wanderers' striker.

- 11.50 **A Touch of Frost** *The Things We Do for Love:* Jack investigates a murder in a religious community.
- 2.00 AM **On the Buses**
- 2.25 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

- 12.00 NOON **This Is BBC Scotland**
- 7.00 PM **Reporting Scotland**
- 7.30 **LIVE Sportscene: Scottish Cup** Falkirk v Dundee United: Coverage of the quarter-final from Falkirk Stadium. Kick-off is at 7.45.
- 10.00 **Still Game** 6/6. The residents gather to watch the demolition of the Craiglang tower block. (S7)
- 10.30 **A View from the Terrace** New edition Craig G Telfer presents a sideways look at Scottish football.
- 11.15 **Two Doors Down** 3/6. Beth's hopes of a nice Sunday lunch are dashed when Cathy and Colin arrive in the middle of an argument. (S2)
- 11.45 PM **to 12.00** M'T **Growing Up Scottish** Comedians recall their school days.

Sky Comedy

113/114 109/110 112 347 362

- 8.00 AM **Will & Grace** (S4)
- 9.00 **Ballers** 7&8/10. (S3)
- 10.15 **Sex and the City** (S4)
- 11.30 **Entourage** (S6)
- 12.30 PM **Will & Grace** (S6)
- 1.30 **Sex and the City** (S4)
- 2.45 **Ballers** 9&10/10. (S3)
- 3.55 **And Just Like That...**
- 4.45 **The Office (US)** (S4)
- 5.40 **Will & Grace** (S7)
- 6.45 **Community** (S1&2)
- 7.45 **Sex and the City** 13/18. Carrie begins to feel claustrophobic.
- **8.20** 14/18. The girls go out dancing. (S4)
- 9.00 **Amy Schumer: Live at the Apollo** Stand-up.
- 10.15 **And Just Like That...** 1/11. Miranda worries her relationship with Che is only about sex. (S2)
- 11.10 **Community** (S1&2)
- 12.10 AM **Entourage** (S6)
- 1.10 **Ballers** (S3)
- 2.20 **Curb Your Enthusiasm**
- 3.00 **NEW Chris Fleming: Live at the Palace**
- 4.30 **to 5.00** AM **Entourage**

Sky Arts

122/123 112/113 123 36 143 24 350 365

- 6.00 AM **Classic FM Live: A Film Music Spectacular**
- 8.00 **The Joy of Painting**
- 9.00 **Tales of the Unexpected**
- 10.00 **Hitchcock Presents**
- 11.00 **The Directors**
- 12.00 NOON **Discovering**
- 1.00 PM **Tales of the...**
- 2.00 **Sing When You Are Winning: How Football Fans Became an Opera Chorus**
- 3.00 **Cleo Laine: The Unseen Home Movies**
- 4.00 **The Directors**
- 5.00 **Discovering**
- 6.00 **Tales of the Unexpected**
- 7.00 **Hitchcock Presents**
- 8.00 **From the Vaults**
- 9.00 **Blur: Live at Wembley Stadium** From 2023.
- 11.45 **Blur: To the End**
- 1.50 AM **Led Zeppelin: In the Light**
- 3.05 **The Doors Live at the Hollywood Bowl '68**
- 4.35 **Discovering**
- 5.00 **to 6.00** AM **Auction**

Sky Mix

151 158 156 11 141 23

- 7.00 AM **Motorway Patrol**
- 8.00 **Border Security: Canada's Front Line**
- 8.30 **Border Security USA**
- 9.00 **Nothing to Declare**
- 11.00 **Highway Patrol**
- 12.00 NOON **Border Security: Canada's Front Line**
- 1.00 PM **Border Patrol**
- 2.00 **Nothing to Declare**
- 4.00 **Star Trek: Deep Space Nine** 15/20. (S1)
- 5.00 **Stargate SG-1** (S3)
- 6.00 **Star Trek: Voyager**
- 7.00 **Star Trek: The Next Generation** (S7)
- 8.00 **Primeval** 1/10. (S3)
- 9.00 **Forensics: Catching the Killer** Suzanne Greenhill.
- 10.00 **FILM For a Few Dollars More** Western. (1965, 15, 128min) ★★★★
- 12.30 AM **Warrior** 9/10. (S1)
- 1.30 **The Force: Manchester**
- 2.30 **Brit Cops: War on Crime**
- 3.30 **Highway Patrol**
- 4.00 **Border Patrol**
- 5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

- 9.00 AM **Deal or No Deal**
- 10.00 **Tipping Point**
- 1.00 PM **Lingo** Quiz show.
- 2.00 **Tenable** Game show.
- 3.00 **Ant & Dec's Limitless Win** Joe and sister-in-law Jo take on the Limitless Ladder.
- 4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
- 5.00 **Deal or No Deal** Stephen Mulhern hosts as Karen tries to open the 22 red boxes in the right order, taking on the Banker for the chance to win life-changing cash.
- 6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
- 9.00 **Alan Carr's Epic Gameshow – Celebrity Special** A celebrity special of 1990s game show *Strike It Lucky*.
- 10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
- 12.55 AM **Tenable**
- 1.50 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

- 9.00 AM **Car S.O.S**
- 10.00 **American Pickers**
- 11.00 **Come Dine with Me**
- 11.30 **Four in a Bed**
- 12.00 NOON **A New Life in the Sun** From France.
- 1.00 PM **A Place in the Sun**
- 3.00 **Come Dine with Me**
- 5.40 **A Place in the Sun**
- 6.30 **LIVE Winter Paralympics** Coverage of the opening ceremony staged at the Arena di Verona.
- 9.00 **24 Hours in A&E** A man is treated for a facial injury after an accident with a machine at work.
- 10.00 **Night Coppers** An officer races against time to track down a person who is suicidal.
- 11.00 **Gogglebox** Double bill.
- 1.05 AM **Handcuffed: Last Pair Standing**
- 3.05 **Millionaire Hoarders**
- 4.10 **Travel Man: 48 Hours in Rovaniemi**
- 4.45 **to 5.00** AM **Kirstie's House of Craft**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 14/26. (S6)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 15/26. (S6)
2.00 **Primeval** 2&3/7. (S4)
4.00 **Stargate SG-1** 7/22. (S3)
5.00 **Star Trek: Voyager** 17/26. (S2)
6.00 **Star Trek: The Next Generation** 14/26. Troi is surgically transformed as part of Spock's plans to unite the Vulcans and Romulans. (S6)

5.00 Star Trek: Voyager

7.00 Star Trek: Deep Space Nine *Honour Among Thieves:* 15/26. O'Brien befriends a criminal contact. (S6)

8.00 Stargate SG-1 *Dead Man's Switch:* 7/22. The team members are captured by an alien bounty hunter. (S3)

9.00 Westworld *Genre:* 5/8. Caleb is dosed with an unusual drug, and Dolores pressures Liam for access to Rehoboam. (S3)

10.05 The Leftovers *It's a Matt, Matt, Matt World:* 5/8. Matt Jamison leads his disciples to Australia on a 'rescue' mission. (S3)
11.05 **Wynonna Earp** 8/12. Rotten Jack terrorises Purgatory. (S4)
12.00 M'T **True Blood** 9/12. Eric plots his escape from the Authority. **1.00** AM 10/12. The Authority deal with a spate of vampire-on-human attacks. (S5)
2.00 **Primeval** 2&3/7. (S4)
4.00 **Wynonna Earp** As 11.05pm.
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S13)
9.00 **Father Brown** As 7.00pm.
10.00 **The Mentalist** 2/23. (S1)
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **The Coroner** (S1)
1.00 PM **Death in Paradise** (S6)
2.00 **Murdoch Mysteries** (S13)
4.00 **The Mentalist** 2/23. (S1)
5.00 **Hudson & Rex** 15/16. Charlie and Rex must protect a prominent political figure at risk of assassination. (S6)
6.00 **The Coroner** 10/10. A woman dies in the build-up to a Latin dance festival. (S1)

9.00 CSI: Vegas

7.00 Father Brown *The Alchemist's Secret:* The priest investigates a 300-year-old secret hidden in a university.

8.00 Death in Paradise *Man Overboard – Part One:* 5/8. The Caribbean police's latest murder inquiry takes them to London. (S6)

9.00 CSI: Vegas *Atomic City:* 6/10. The team investigate a radioactive crime scene that left a father and son dead. (S3)

10.00 Father Brown *The Dance of Death:* A contestant is murdered at a ballroom dancing competition.
11.00 **Father Brown** As 7.00pm.
12.00 M'T **Death in Paradise** (S6)
1.00 AM **The Coroner** As 6.00pm.
2.00 **Murdoch Mysteries** 16/18. Julia and Effie investigate a murder that occurred outside Murdoch's jurisdiction. (S13)
3.00 **to 4.00** AM **We Hunt Together**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.30 AM **Highlights**
8.40 **The Green Green Grass**
9.20 **Are You Being Served?**
9.55 **Last of the Summer Wine**
11.15 **Dad's Army**
11.55 **Porridge**
12.35 PM **Keeping Up Appearances**
1.15 **Dad's Army**
2.30 **Hi-de-Hi!**
3.10 **Are You Being Served?**
3.50 **Porridge**
4.25 **Dad's Army**
5.05 **Last of the Summer Wine**
6.25 **Keeping Up Appearances**

10.55 Bottom Live

7.05 Porridge Fletcher objects to having a third cellmate foisted on him.
7.45 Dad's Army Jones misplaces £500 donated by local shopkeepers.
8.20 Are You Being Served? Mrs Slocombe invents a perfume that has aphrodisiac qualities.

9.00 The Royle Family The family argue over the TV show *Changing Rooms*. **9.35** Nana is in mourning for her friend, but her grief tries Jim's patience.
10.15 Men Behaving Badly Tony feels depressed thanks to his waistline.
10.55 Bottom Live Richie buys a blow-up doll and tries to hide it from Eddie.
1.20 AM **The Royle Family**
2.30 **Men Behaving Badly**
3.00 **Hi-de-Hi!** In a bid to liven up the camp, Joe Maplin decrees a weekly Sunshine Smile Day.
3.30 **to 4.00** AM **Don't Wait Up**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Dave Gorman: Modern Life Is Goodish**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Railroad Australia**
11.00 **Rick Stein: From Venice to Istanbul** Croatia to Albania.
12.00 NOON **Border Force: America's Gatekeepers**
2.00 PM **World's Most Dangerous Roads** With Rhod Gilbert.
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British**
6.00 **Rick Stein: From Venice to Istanbul** Croatia to Albania.

10.00 Have I Got a Bit More...

7.00 Would I Lie to You? With Steph McGovern, Richard Osman, Jennifer Saunders and Joe Sugg.
7.40 Richard Osman's House of Games With Jayde Adams and Josie d'Arby. **8.20** With Neil Delamere, AJ Odudu, Lucy Porter and Mark Billingham.

9.00 QI XL Guests David Mitchell, Sue Perkins and Sami Shah join regular panellist Alan Davies and host Stephen Fry.

10.00 Have I Got a Bit More News for You Charlie Brooker hosts the satirical quiz, with guests Grayson Perry and Angela Barnes.
11.00 **Taskmaster** An edition with a seaside feel, featuring beach balls, water and sand.
12.00 M'T **Mock the Week: The History Of...** Highlights of the topical comedy show.
12.40 AM **Would I Lie to You?**
1.55 **to 4.00** AM **Mike**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.00 AM **Birds of a Feather**
7.45 **The Bill**
8.40 **Doctors**
9.50 **Classic Holby City**
10.50 **Casualty**
11.55 **The Bill**
12.55 PM **Classic EastEnders**
2.10 **All Creatures Great and Small**
3.10 **Howards' Way**
4.20 **Shakespeare & Hathaway: Private Investigators**
5.20 **Porridge** Last-ever episode. Godber gets into a fight.
6.00 **Last of the Summer Wine**

9.00 Happy Valley

7.20 Last of the Summer Wine Auntie Wainwright is puzzled by a bargain item that she picked up at the auction rooms.

8.00 Father Brown *The Tanganyika Green:* The sleuth investigates the murder of a Colonial Postal Service officer.

9.00 Happy Valley 1/6. First episode of the crime drama. A police sergeant battling her own demons becomes involved in the hunt for a kidnapped woman. (S1)
10.20 New Tricks *Old and Cold:* A celebrity chef is suspected of murder. With Stephen Tompkinson.
11.40 **Shakespeare & Hathaway: Private Investigators** 9/10. The duo investigate a death threat at a tennis club. (S2)
12.40 AM **Dalziel & Pascoe**
2.40 **Catch Me a Killer**
3.30 **to 4.00** AM **Birds of a Feather**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 15-17/25. (S6)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Code of Conduct:* 5/24. A prank-loving Marine is found dead on Halloween. **7.00** *Outlaws and In-Laws:* 6/24. Gibbs's mentor is linked to a double murder. **8.00** *Endgame:* 7/24. An assassin threatens Vance's family. (S7)
9.00 **Person of Interest** *Truth Be Told:* 3/13. Reese is forced to revisit an episode from his past he would rather forget. **10.00** *6,741:* 4/13. Sameen Shaw has a microchip implanted in her brain to turn her into a Samaritan asset. (S5)
11.00 **Law & Order: Special Victims Unit** (S22&21)
2.45 AM **Instinct** 6/11. (S2)
3.35 **to 4.00** AM **Cops**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Shoplifters: Caught Red Handed**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Rogue Claimers**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **999: Critical Condition** A man is rushed in by helicopter after his parachute fails.
10.00 **999: Emergency Call Out** An 18-month-old baby girl is thought to be suffering an anaphylactic shock.
11.00 **Skin A&E** Dr Emma sorts out a cyst.
12.00 M'T **Nightmare Tenants, Slum Landlords**
2.45 AM **GPs: Behind Closed Doors** Medical series.
3.35 **to 4.00** AM **Eggheads**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Winter Road Rescue**
9.35 **Police Interceptors**
11.35 **FILM Johnny Guitar** Western drama. (1953, PG, 110min) ★★★★
1.55 PM **FILM Tom Horn** Western adventure starring Steve McQueen. (1980, 15, 98min) ★★★
4.00 **Trucking Heavy**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Sergeant Dave Roberts races to a serious crash between a car and a cyclist.
9.00 **Police: Night Shift 999** An assault at a nightclub brings aggression and verbal abuse for police.
10.00 **Cops** Double bill.
11.00 **Banged Up Abroad**
12.00 M'T **Mud Mountain Haulers** Documentary.
1.00 AM **Outback Truckers**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.30 **Inside the Ambulance**
8.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
7.00 **The Supervet: Noel Fitzpatrick** Noel treats a dog who has a severely dislocated hip.
8.00 **Inside the Ambulance** The West Midlands crews treat a pensioner whose heart rate is erratic.
9.00 **999 Rescue Squad** The team are called to help defuse a bomb. **10.00** A suspected acid attack on the streets of Bradford leads to a busy shift for the crew.
11.00 **Nurses Down Under**
12.00 M'T **Inside the Ambulance** Double bill.
2.00 **to 3.00** AM **Michael McIntyre's The Wheel**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great Coastal Railway Journeys**
8.00 **Bangers & Cash**
10.00 **War Factories**
11.00 **Rise of the Nazis**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **War Factories**
5.00 **Rise of the Nazis**
6.00 **Antiques Roadshow**
7.00 **The Americas with Simon Reeve** Following the explorer as he travels the length of North and South America.
8.00 **'Allo 'Allo!** General von Flockenstuffen decides to launch a raid to capture Churchill. **8.40** Rene plans to flee to England with Yvette. **9.20** Rene and Edith are rewarded with medals by Churchill.
10.00 **Bangers & Cash**
2.00 **to 3.00** AM **War Factories**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** The Algarve.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **Celebrity Yorkshire Auction House**
4.00 **Long Lost Family**
6.00 **Money for Nothing**
7.00 **Salvage Hunters**
8.00 **Antiques Road Trip**
9.00 **Fixer to Fabulous** New edition A life-changing renovation is on the line as the Marrs convert a storage barn into a Habitat for Humanity home.
10.00 **My Lottery Dream Home** New editions
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

FRIDAY Entertainment

Friday

Great! TV

157 167 170 34 32

8.00 AM **Highway to Heaven**
10.00 **Little House on the Prairie** 16-18/22. (S9)
1.00 PM **The Waltons** (S4)
3.00 **Ballykissangel** (S3)
4.10 **Born and Bred** (S2)
5.20 **Doctor Finlay** 6/7. (S3)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** 22/24. Trapper teaches Frank to curb his prejudice against a GI. **8.00** 23/24. Hawkeye receives love letters meant for someone else. **8.30** 24/24. Frank is targeted by internal security agents. (S2)
9.00 FILM **Robin Hood: Prince of Thieves** Blockbuster adventure. (1991, PG, 138min) ★★
11.55 **The New Avengers** (S1)
12.55 AM **The Avengers** (S6)
1.55 **M*A*S*H** 22/24. (S2)
2.25 **Home to Roost** (S4)
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.00 AM **The High Chaparral**
10.00 **The Avengers** (S5)
11.00 **The Baron** 19/30. (S1)
12.00 NOON FILM **Bullet to Beijing** Thriller sequel. (1995, 15, 101min) ★★
2.15 PM FILM **Four Fast Guns** Western. (1960, b/w, U, 72min) ★★
4.00 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The New Avengers**
7.00 **The Avengers** (S5)
8.00 **The Baron** 20/30. Mannering delivers a consignment of Medicis to a wealthy client. (S1)
9.00 FILM **The Thin Red Line** Epic war drama starring Sean Penn. (1998, 15, 170min) ★★★★
12.30 AM FILM **Triple Cross** Espionage war thriller. (1966, PG, 126min) ★★
3.00 **The Baron** As 8.00pm.
3.45 **The New Avengers**
4.40 **to 5.50** AM **Police Ten 7**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.10 AM FILM **Fixer Upper Mysteries: Concrete Evidence** Crime drama. (2017, PG, 89min) ★★
10.05 **Unforgettable** (S1)
11.05 **Castle** 10/23. (S7)
12.05 PM FILM **Mystery 101: Pilot** Crime drama. (2019, PG, 89min) ★★
2.00 **Diagnosis Murder**
4.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 11/23. (S7)
8.00 **Unforgettable** (S1)
9.00 FILM **An Aurora Teagarden Mystery: Dead Over Heels** Drama. (2016, PG, 90min) ★★
10.55 FILM **The Gourmet Detective: Roux the Day** (2020, PG) ★★
12.50 AM FILM **Hidden Crimes** Thriller. (2009, 12) ★★
2.35 FILM **Circle of Friends** (2006, PG) ★★★
4.00 **to 5.00** AM **Sue Thomas: F.B.Eye**

+1 hour 322

Great! Romance

319 317 424 52 47

8.15 AM FILM **Date with Love** Romantic comedy. (2016, U, 95min) ★★
10.20 FILM **The Clue to Love** Drama. (2021, U) ★★
12.20 PM FILM **Summer Love** Drama. (2016, PG) ★★
2.15 FILM **Summer Villa** Drama. (2016, PG) ★★
4.10 FILM **South Beach Love** Romantic comedy. (2021, PG, 83min) ★★
6.05 FILM **Love, Game, Match** Comedy drama. (2022, U, 91min) ★★
8.00 FILM **Technically Yours** Romantic drama starring Kristi Murdock. (2025, PG, 95min) ★★
10.05 FILM **The Engagement Plot** Romantic comedy. (2022, PG, 87min) ★★
12.00 M'T FILM **A Bride for Christmas** Romance. (2012, PG, 90min) ★★
2.05 AM **Highway to Heaven**
3.10 **to 5.00** AM FILM **Technically Yours** (2025)

+1 hour 320

Together TV

170 136 83 162

11.00 AM **Garden Rescue**
12.00 NOON **Edwardian Farm**
1.15 PM **The Wild Gardener**
2.00 **The Greatest Auction**
3.00 FILM **Futtock's End** Silent comedy. (1970, 12, 47min) ★★
4.00 **New Home DIY**
5.00 **Supermarket Secrets Revealed**
6.00 **The Greatest Auction**
7.00 **Garden Rescue** Flo and Lee transform an awkward shaped plot into a Cypriot paradise.
8.00 **The Wild Gardener**
8.45 **Edwardian Farm**
10.00 FILM **Come Play with Me** Adult comedy starring Pat Ashley and Mireille Allonville. (1977, 18, 90min) ★★
12.00 M'T FILM **House of Whipcord** Horror. (1974, 18, 101min) ★★
2.00 AM **The Wild Gardener**
2.45 **Edwardian Farm**
4.00 **to 5.00** AM **Flipping Profit**

Rewind TV

182 81 141

6.00 AM **Highlights**
8.30 **The Gaffer** 5/12. (S1)
9.00 **Bubblegum & Cheese**
10.00 **The Rewind Jukebox**
11.00 **Shine on Harvey Moon**
12.05 PM **The Fenn Street...**
12.35 **Agony** 5/6. (S1)
1.05 **Press Gang** 5/12. (S1)
1.35 **The Champions**
2.35 **Wish Me Luck** (S3)
3.40 **We Had One of Those**
3.50 **Mysterious Tales**
4.00 **Discovering Gardens**
4.30 **Old Country**
5.00 **Stereo Underground**
6.00 **The Fenn Street Gang**
6.30 **Press Gang** 5/12. (S1)
7.00 **Agony** 5/6. (S1)
7.30 **The Gaffer** 5/12. (S1)
8.00 **The Champions** (S1)
9.00 **Drop the Dead Donkey**
10.00 FILM **Evil Come Evil Go** Horror. (1972, 18) ★★
11.30 **Primitive London**
1.15 AM **Stereo Underground**
2.15 **Mysterious Tales**
2.25 **Wish Me Luck** (S3)
3.30 **to 6.00** AM **Highlights**

DMAX

158 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters: Mine SOS** Documentary.
9.00 **The Snake Catcher**
10.00 **Deadliest Catch**
12.00 NOON **Treasure Quest: Snake Island**
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Double bill.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Injuries threaten to put an end to the fleet's expedition. **8.00** The *Northwestern* nears the brink of mutiny.
9.00 **Cornwall Air 999** The air ambulance is called to a pedestrian hit by a car. **10.00** A cyclist who may be paralysed.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid XL** Documentary.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 258 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Hairy Bikers' Mississippi Adventure**
8.00 **The Pioneer Woman**
9.00 **Jamie's Easy Meals for Every Day**
10.00 **Barefoot Contessa – Back to Basics**
11.00 **Great British Bake Off**
1.00 PM **James Martin's United Cakes of America** Four editions.
3.00 **Hairy Bikers' Mississippi Adventure**
4.00 **The Pioneer Woman**
5.00 **Jamie's Easy Meals for Every Day**
6.00 **Barefoot Contessa – Back to Basics**
7.00 **Great British Bake Off**
9.00 **Man v Food** Double bill.
10.00 **Chef Grudge Match** New edition An epic burger showdown.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 20/26. (S5)
9.00 **The A-Team** 2/13. (S5)
10.00 **The Invaders** 6/26. (S2)
11.00 FILM **The Land That Time Forgot** Fantasy. (2009, 12, 90min) ★★
1.00 PM FILM **Angel and the Bad Man** Western. (2009, PG, 95min) ★★
2.50 FILM **Shalako** Western. (1968, PG, 118min) ★★
5.00 **Star Trek** 4/24. (S3)
6.00 **The Invaders** 7/26. (S2)
7.00 **The A-Team** 3/13. (S5)
8.00 **Walker, Texas Ranger**
9.00 FILM **Death Race** Big-budget remake of the 1975 B-movie *Death Race 2000*. (2008, 15, 105min) ★★★
11.10 FILM **Machete** Thriller. (2010, 18, 104min) ★★★
1.20 AM FILM **The Hunter's Prayer** Action thriller. (2017, 15, 91min) ★★
3.10 **to 5.00** AM FILM **Unchained** Thriller. (2017, 15, 110min) ★★

Legend Xtra

317 316 171 69 138 51

9.00 AM FILM **2021: War of the Worlds** Sci-fi thriller. (2021, 12, 78min) ★★
11.00 **The Lost World** (S2)
12.00 NOON FILM **Shark** Thriller. (1969, 15) ★★
2.00 PM FILM **Double Dragon** Adventure. (1994, 12, 91min) ★★
4.00 **Walker, Texas Ranger**
5.00 FILM **Troy: The Odyssey** Fantasy with Dylan Vox. (2017, PG, 90min) ★★
7.00 **The Lost World** (S2)
8.00 **The Fall Guy** (S2)
9.00 FILM **Conan the Barbarian** Adventure starring Jason Momoa. (2010, 15, 112min) ★★
11.10 FILM **Deathwatch** Horror thriller. (2002, 15, 95min) ★★★
1.05 AM FILM **The Blood on Satan's Claw** Horror. (1970, 18, 93min) ★★★
3.00 FILM **Troy: The Odyssey**
5.00 **to 6.00** AM **The Lost World**

+1 hour 318 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Canadian Pickers** New edition
7.35 **Junk & Disorderly**
8.30 **Storage Wars**
9.20 **Hardcore Pawn**
10.15 **Pawn Stars**
11.10 **Swamp People**
1.05 PM **Canadian Pickers**
2.05 **Storage Wars**
3.05 **Junk & Disorderly**
4.00 **Ancient Aliens**
5.00 **Evidence of the Unexplained**
6.00 **Pawn Stars**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Road Wars** New editions
10.00 **Paranormal: Caught on Camera** Double bill.
12.00 M'T **My Paranormal Nightmare**
1.00 AM **Evidence of the Unexplained**
2.00 **Ancient Aliens**
3.00 **Swamp People**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
10.00 **Operation Pet Rescue**
11.00 **Ben Fogle: New Lives in the Wild** Hungary.
12.00 NOON **Nazi Megastructures**
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **World's Most Scenic Railway Journeys**
6.00 **Abandoned Engineering**
7.00 **Nazi Megastructures**
8.00 **Ben Fogle: New Lives in the Wild** Canada.
9.00 **Taggart** *The Hit Man:* The detective tries to defend a friend recently released from prison when a series of shootings puts him in the frame for murder.
11.45 **1972: Those Were the Days** Controversies and scandals in TV, film, music and politics.
1.45 AM **22 Kids & Counting**
3.35 **Britain's Greatest Bridges** From Bristol.
3.50 **to 4.00** AM **Entertainment News**

Challenge

130/131 116/117 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Quiz show.
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **All Star Family Fortunes** Game show.
12.40 PM **Lily Savage's Blankety Blank**
2.00 **The Chase** Quiz show.
3.00 **Who Wants to Be a Millionaire? Celebrity Special** Quiz show.
4.00 **Bridge of Lies** Quiz.
5.00 **The Bidding Room**
6.00 **Tenable** Quiz show hosted by Warwick Davis.
7.00 **The Chase** Triple bill of the quiz show hosted by Bradley Walsh.
10.00 **The Chase Celebrity Special** Scott Mills, Gareth Malone, Louise Minchin and Glenn Hoddle compete.
11.00 **Bullseye** Double bill.
12.00 M'T **Classic Who Wants to Be a Millionaire?**
1.00 AM **The Chase** Quiz.
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Mike & Molly**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Mike & Molly**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the sitcom, including at: **7.30** 3/23. Sheldon tries to get Penny to conform to his standards. **8.00** 4/23. Raj faces being sent back to India. **8.30** 5/23. Sheldon faces his arch-enemy – actor Wil Wheaton. (S3)
9.00 **90 Day Fiancé: Before the 90 Days** New edition Forrest and Sheena's families meet, while Laura grows suspicious of Birkan.
11.00 **Georgie and Mandy's First Marriage** (S1)
12.00 M'T **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
10.00 **Everybody Loves Raymond** (S4&5)
1.00 PM **Friends** (S3&4)
7.00 **Friends** 12/24. Phoebe learns the result of her pregnancy test. **7.30** 13/24. Rachel develops a crush. **8.00** 14/24. Chandler visits a strip club. **8.30** 15/24. Chandler's ex-girlfriend turns up out of the blue. (S4)
9.00 **Lee Evans: Big – Live at the O2** Stand-up.
10.00 **Dara O Briain: Craic Dealer** Stand-up show.
11.00 **Whose Line Is It Anyway? USA**
12.30 AM **8 Out of 10 Cats**
2.10 **South Park** (S13&14)
3.10 **Reno 911!** (S4)
3.30 **Key & Peele**
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S4)
7.00 **Teleshopping**
9.00 **Spin City** 21&22/24. (S2)
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** 19-22/24. (S4)
1.00 PM **Criminally Funny**
2.30 **Blockbusters**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** (S2)
7.00 **Everybody Loves Raymond** (S4)
9.00 **Michael McIntyre's Big Show** With singer-songwriter Lewis Capaldi.
10.00 **Friends** 11/25. Chandler falls for one of Joey's sisters. (S3)
10.30 **Friends** 12-14/25. (S3)
12.00 M'T **Iain Stirling's Roast the Internet**
1.00 AM **Whose Line Is It Anyway? USA**
3.45 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **Highlights**
10.25 **Bread** 2/7. (S4)
11.00 **Steptoe and Son** (S3)
11.35 **Oh, Doctor Beeching!**
12.10 PM **Rising Damp** (S3)
12.40 **Man About the House**
1.10 **Goodnight Sweetheart**
1.45 **When the Boat Comes In** 5/10. (S4)
2.45 **Minder** 8/11. (S4)
3.50 **Just Good Friends** (S3)
4.25 **Man About the House**
4.55 **Are You Being Served? Again!** 5/6. Sitcom. (S2)
5.30 **Birds of a Feather**
6.00 **That's 60s**
6.15 **Steptoe and Son** (S3)
6.45 **Rising Damp** 2/7. (S3)
7.15 **Whatever Happened to the Likely Lads?** (S1)
7.55 **Minder** 5/11. (S1)
9.00 **Benidorm** 1/7. (S6)
9.55 **Shameless** 6/16. (S5)
11.00 **Man About the House**
11.30 **Rising Damp** 6/7. (S1)
12.00 M'T **Benidorm** 1/7. (S6)
1.00 AM **Minder** 5/11. (S1)
2.05 **to 6.00** AM **Highlights**

MTV

126/127 137 134 351 366

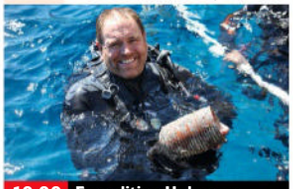
6.00 AM **Teen Cribs**
6.20 **Ghosted: Love Gone Missing** Double bill.
8.00 **Catfish: The TV Show**
10.00 **Catfish: On the Run**
11.00 **Catfish: The TV Show**
4.00 PM **Dallas Cowboys Cheerleaders**
6.00 **Catfish UK**
7.00 **Rich Kids Go Skint** A wealthy 19-year-old moves in with a single mother from Watford.
8.00 **Teen Mom UK: Next Generation**
9.00 **Dating Naked**
10.00 **Tattoo Fixers**
11.00 **Celebrity Ex on the Beach** Reality series.
12.00 M'T **Love & Hip Hop: Atlanta** New edition Salma tries to put the cheating rumours to rest.
1.00 AM **Caught in the Act: Unfaithful** Double bill.
2.45 **Teen Mom: Next Chapter** Reality series.
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made: Dream Cars** Double bill of editions.
7.00 **Diesel Brothers**
9.00 **Hoffman Family Gold**
11.00 **Overhaulin'** Double bill.
1.00 PM **Gold Rush**
3.00 **How It's Made** Airline meals. **3.30** Synthetic leather. **4.00** Racing-car shells. **4.30** Swords and pontoons.
5.00 **Alaska: Homestead Rescue** An Arizona homestead faces deadly monsoon floods. **6.00** A visit to a homestead on the brink of collapse.



10.00 Expedition Unknown

7.00 **Wheeler Dealers** Mike gets his hands dirty working on a Ford Bronco for the biggest collector car auction in the world.
8.00 **Gold Rush** With new claims and machines, the gold miners of the Yukon put everything on the line to strike it rich.
9.00 **Expedition Files** New edition Investigating the story of a con artist who leaves a path of deception and murder.
10.00 **Expedition Unknown** New edition Josh Gates braves the Oregon coast to search for the treasure that inspired *The Goonies*.
11.00 **Expedition Bigfoot** The team continue their search for Bigfoot in the mountains.
12.00 M'T **Deadliest Catch** Jake uses his only gear to back out of trouble.
1.00 AM **Expedition Files**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Fish or Die**
10.00 **Tanked: Unfiltered**
11.00 **Animal Cops Philadelphia**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A couple's cat resent a new kitten. **4.00** A couple are concerned about their cat's behaviour.
5.00 **Lone Star Law** Dove hunting season begins in Texas.
6.00 **Dr Jeff: Rocky Mountain Vet** The team unite when a tiny kitten is found unconscious.

8.00 100 Days Wild

7.00 **Treehouse Masters** Pete Nelson travels to Germany in search of a range of different treetop homes.
8.00 **100 Days Wild** A disastrous fish haul threatens the colony's food supply, and Adam sets off down river alone.
9.00 **Alaska: The Last Frontier** The Kilchers race to finish their preparations for winter, and Elvin prepares a Thanksgiving dinner.
10.00 **Alaskan Bush People** A medical emergency on the Wolfpack's ranch forces them to be more resourceful.
11.00 **Mountain Monsters** The team look for a big bear-like creature known as the Silver Giant.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Richard E Grant's Seven Deadly Sins** Wrath.
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Rocky Mountain Railroad**
9.00 **Air Crash Investigation**
10.00 **Construction Fails**
11.00 **Nazi Megastructures: Battle Ready** Hitler's henchmen.
12.00 NOON **Hitler's Last Stand**
1.00 PM **Car S.O.S.**
2.00 **Air Crash Investigation**
3.00 **Seconds from Disaster**
4.00 **Lost Treasures of Rome** New edition Weapons.
5.00 **Ice Road Rescue**
6.00 NEW SERIES **Journey Across Jungles: The China-Laos Railway** Double bill.

7.00 Air Crash Investigation

7.00 **Air Crash Investigation** US Airways Flight 1549's crash-landing in the Hudson River in 2009, caused by a flock of birds.
8.00 **Air Crash Investigation** A flight from Lexington, Kentucky ends in disaster when a twin-engine jet careens off the tarmac.
9.00 **Air Crash Investigation** An out-of-control turboprop breaks apart while trying to land at Düsseldorf airport.
10.00 **Inside Melbourne Airport** At Australia's busiest airport which operates 24/7, a blackout halts operations.
11.00 **Air Crash Investigation** A plane that flew into a storm over Indonesia.
12.00 M'T **To Catch a Smuggler**
2.00 AM **Money Meltdown**
2.30 **Trafficked with Mariana Van Zeller** Double bill.
3.20 **Food Factory USA**
4.10 **to 5.00** AM **Trials of the Wild**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Rust Valley Restorers**
6.55 **Gold Wars Downunder**
8.45 **Forged with Steele**
9.15 **Pawn Stars** *Jurassic Park* toys.
10.10 **Storage Wars** Four editions.
12.00 NOON **Nazi Murder Mysteries**
1.00 PM **Ancient Aliens: Origins**
3.00 **UFOs: The Lost Evidence** Triple bill, including at: **5.00** The UFO researchers who believe NASA is hiding the truth about alien life.
6.00 **American Pickers** Mike and Jersey sift through a tidal wave of early technology.

10.00 Ancient Aliens: Origins

7.00 **Forged in Fire** The blacksmiths recreate the beastly Austro-Hungarian Hussar Saber for a chance to win $10,000.
8.00 **Combat Trains** A medical historian retraces the train journey made by wounded soldiers during World War Two.
9.00 **Hitler's Handmaidens** How the support of wealthy and influential women helped the Nazis carry out their atrocities.
10.00 **Ancient Aliens: Origins** New edition Experts question whether extraterrestrials could be involved in earth floods.
12.00 M'T **UFOs: The Lost Evidence** Looking at whether Earth could have been visited by extra-terrestrials in the past. **12.55** AM Ancient art and archaeology suggesting mankind has been visited by otherworldly beings.
2.50 AM **Ancient Aliens: Origins**
4.25 **Pawn Stars** *Jurassic Park* toys.
5.10 **to 6.00** AM **American Pickers**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **Janet Jackson**
7.00 **Discovering: John Malkovich**
8.00 **The Directors**
9.00 **100 Foot Wave**
10.00 **Jackie Stewart**
12.00 NOON **McLaren** A look at the career of Bruce McLaren.
1.50 PM **My Icon: Natasha Jonas**
2.00 **Benetton Formula** The history of the Formula 1 team.
4.00 **Discovering: John Malkovich**
5.00 **The Directors**
6.00 **100 Foot Wave** 4/6. The opening WSL contest of the season approaches.

9.00 Williams & Mansell: Red 5

7.00 **Super/Man: The Christopher Reeve Story** A profile of the actor who rose to fame after starring in the 1978 film *Superman*, but was paralysed from the neck down in 1995 after a horse-riding accident.
9.00 **Williams & Mansell: Red 5** Documentary charting the rise of Nigel Mansell, the Williams F1 racing team and how they came together to fight for the Formula 1 World Drivers' Championship.
10.50 **Tony Hawk: Until the Wheels Fall Off** A look at the skateboarder's life.
1.20 AM **Dave Not Coming Back** The story of two divers who embarked on a mission to retrieve a dead body from a freshwater cave in South Africa.
3.10 **Hurst: The First and Only** Former England striker Geoff Hurst discusses his career.
5.00 **to 6.30** AM **Discovering: John Malkovich**

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried**
4.00 **The Yorkshire Auction House** Double bill.
6.00 **Antiques Road Trip**
7.00 **Antiques Road Trip** Ishy Khan and Natasha Raskin Sharp kick off their final leg in Heanor.
8.00 **The Yorkshire Auction House** Angus Ashworth uncovers expensive oak and a Fabergé egg.
9.00 **The Repair Shop** A secret agent canister. **10.00** Restoring a pair of 1930s rollerskates.
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers: Dream Car** Double bill.
3.00 **Shed and Buried**
4.00 **to 5.00** AM **How It's Made**

+1 hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Forensic Detectives**
9.00 **FBI Files** Double bill.
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Betrayed**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **The Killer Beside Me**
4.00 **American Monster: Abuse of Power**
6.00 **American Detective with Lt Joe Kenda**
7.00 **Judge Rinder's Crime Stories** Adele Bellis.
8.00 **Murder on CCTV**
9.00 **People Magazine Investigates** New edition In 1972, a young woman's life is violently cut short.
10.00 **The Friday the 13th Murders** A young woman vanishes into a patrol car.
11.00 **Judge Rinder's Crime Stories**
12.00 M'T **American Monster**
2.00 **to 4.00** AM **Murder on CCTV**

+1 hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
5.15 **Judge Judy** A man openly admits he doesn't pay taxes and sues a former friend. **5.40** A wild party leaves a vacation rental in shambles after an intended group of eight turns into a gang of 30. **6.05** A mother and son sue their neighbours for an alleged attack. **6.30** Judge Judy advises a father to appeal any grievances against previous judges, as he takes on the mother of his teenager over child support.
7.00 **Judge Judy** Real-life small-claims cases on issues affecting family life, presided over by former New York judge Judy Sheindlin.
12.10 **to 5.45** AM **Judge Judy**

+1 hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Body in the Water**
11.00 **48 Hours** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Body in the Water**
4.00 **48 Hours** Documentary.
5.00 **Medical Detectives** The disappearance of a six-year-old girl. **5.30** How investigators lifted a handprint from a murder victim's body. **6.00** Investigating the disappearance of a man's mail-order bride. **6.30** The brutal murder of an elderly couple.
7.00 **Judge Judy** Back-to-back real-life cases, including at: **9.05** A woman's assault charges send a man to prison for three years. **9.30** A woman sues the father of her son.
10.00 **Judge Judy** Further small-claims cases.
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Send in the Dogs**
7.00 **Brit Cops** Documentary.
8.00 **Britain's Longest Road**
9.00 **Stop, Search, Seize**
10.00 **Police 24/7**
11.00 **Murders That Shocked the Nation**
12.00 NOON **Killer in My Village** Double bill.
2.00 PM **Catching the Killer**
4.00 **Britain's Most Evil Killers**
5.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **World's Most Notorious Killers**
10.35 **Police 24/7**
11.35 **What the Killer Did Next** Megan Newton.
12.30 AM **World's Most Evil Killers** True-crime.
1.30 **Murders That Shocked the Nation**
2.30 **Murdered at First Sight**
3.30 **Stop, Search, Seize**
4.30 **to 6.00** AM **Motorway Patrol**

+1 hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **The Stuarts**
9.20 **WWII in Colour: Road to Victory**
10.30 **Egypt's Lost Queens**
11.50 **Strike on Iran: The Nuclear Question**
1.00 PM **America the Bountiful** Documentary.
1.35 **The Stuarts**
2.45 **WWII in Colour: Road to Victory**
3.50 **Egypt's Lost Queens**
5.05 **Strike on Iran: The Nuclear Question**
6.20 **The Stuarts**
7.25 **WWII in Colour: Road to Victory**
8.30 **Egypt's Lost Queens** The power held by women in ancient Egypt.
9.50 NEW **Strike on Iran: The Nuclear Question** Investigating Iran's nuclear programme.
10.55 **WWII in Colour: Road to Victory**
12.00 M'T **Egypt's Lost Queens**
1.10 **to 2.00** AM **America the Bountiful**

FRIDAY

Friday

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Aussie Snake Wranglers...**
7.00 **Monkey Life**
8.00 **Animals at Play**
9.00 **Orangutan Jungle School**
10.00 **Planet Shark**
11.00 **Malawi Wildlife Rescue**
12.00 NOON **Brazil Untamed**
1.00 PM **Monkey Life**
2.00 **Animals at Play**
3.00 **Orangutan Jungle School**
4.00 **Planet Shark**
5.00 **Gangs of Baboon Falls**
6.00 **Brazil Untamed**
7.00 **Monkey Life** Double bill.
8.00 **Extraordinary Animals**
9.00 **Patrick Aryee's Wild World** Patrick investigates the decline in insect numbers in Costa Rica.
10.00 **Age of the Big Cats**
11.00 **Gangs of Baboon Falls**
12.00 M'T **Malawi Wildlife Rescue**
1.00 AM **Aussie Snake Wranglers: Deadly Pursuit** Documentary.
2.00 **Extraordinary Animals**
3.00 **Patrick Aryee's Wild World**
4.00 **Animals at Play**
5.00 **to 6.00** AM **Orangutan Jungle School**

Sky History 2

163/168 143 186

6.00 AM **World's Most Unexplained**
7.00 **Life After People**
8.00 **What on Earth?**
9.00 **History of Weapons**
10.00 **Combat Trains**
11.00 **Ancient Aliens**
1.00 PM **Alien Files: Unsealed**
2.00 **Walking Through History**
3.00 **Instruments of Death**
4.00 **World's Most Unexplained**
5.00 **Life After People**
6.00 **What on Earth?**
7.00 **History of Weapons**
8.00 **Combat Trains**
9.00 **The Nostradamus Effect** Exploring the suggestion that Hitler was the third antichrist predicted by Nostradamus.
10.00 **Secrets Declassified with David Duchovny** How agents endure severe psychological strain while living double lives.
11.00 **Ancient Aliens** Double bill.
1.00 AM **Alien Files: Unsealed**
2.00 **Walking Through History**
3.00 **Instruments of Death**
4.00 **Curse of the Ancients**
5.00 **to 6.00** AM **Rust Valley Restorers**

Discovery Science

167 148 179

8.00 AM **How to Survive an Asteroid Strike: An Asteroid Day Special** A closer look at the Asteroid Day Foundation
9.00 **How the Universe Works**
11.00 **Alaska Mega Machines**
1.00 PM **Blowing Up History**
3.00 **How the Universe Works**
6.00 **How It's Made: Dream Cars**
9.00 **Mummies Unwrapped** A mummified body recovered at the bottom of the Atlantic Ocean leads treasure hunters to $120million in gold and jewels. **10.00** Archaeologist Ramy Romany investigates an underwater grave in the ancient Mayan city of Mayapan, where the buried may have been victims of human sacrifice.
11.00 **Cooper's Treasure** Darrell Miklos visits a valuable shipwreck Cooper recorded 50 years ago. **12.00** M'T Darrell takes a step closer to the treasure.
1.00 AM **How the Universe Works**
4.00 **to 6.00** AM **Codes and Conspiracies**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Court Cam**
11.00 **Meet, Marry, Murder**
2.00 PM **Accident, Suicide or Murder?** As 8.00pm.
6.00 **The First 48**
7.00 **Cold Case Files** Human bones are found in the woods in Schuylkill Haven, Pennsylvania.
8.00 **Accident, Suicide or Murder?** New edition A seemingly natural death exposes criminal secrets.
9.00 **My Strange Arrest** Double bill.
10.00 **Court Cam** New editions A grieving daughter confronts her father's killer in court. **10.30** A convicted cop killer tells the court that he deserves the death penalty.
11.00 **Ozark Law**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Interrogation Raw**
2.00 **Homicide Hunter**
3.00 **Imperfect Murder**
5.00 **to 6.00** AM **Accident, Suicide or Murder?**

+1hour 256 333

WILD

165 145 182

8.00 AM **Yukon Vet**
9.00 **Fish Tank Kings**
10.00 **America the Wild**
11.00 **Queens**
12.00 NOON **Heartland Docs**
1.00 PM **Ultimate Airport Dubai**
2.00 **Smoky Mountain Park Rangers** Documentary.
3.00 **Incredible Animal Journeys**
4.00 **Secrets of the Zoo**
5.00 **Critter Fixers: Country Vets**
6.00 **Yukon Vet**
7.00 **Secrets of the Zoo** An orphaned manatee is ready to be released into the wild.
8.00 **Africa's Deadly Kingdoms** The wildlife of Africa's deserts. **9.00** A look at the wildlife of South Africa's West Coast.
10.00 **Alaska: The Next Generation** Mario struggles to find food in the White Mountains.
11.00 **Ice Road Rescue**
12.00 M'T **Rocky Mountain Railroad**
1.00 AM **Africa's Deadliest**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Bizarre Animal Friends**

Discovery History

174 147 181

7.00 AM **Thai Cave Rescue**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** Theories surrounding the possibility of time travel.
1.00 PM **Mysteries at the Castle**
2.00 **Aliens in Alaska**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Thai Cave Rescue** Following the efforts of an international team of cave divers trying to save 12 boys and their football coach stranded in a flooded cave in Thailand in 2018.
9.00 **Secrets Underground**
10.00 **How Do They Do It?**
11.00 **Massive Engineering Mistakes**
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **Mysteries at the Castle**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **Abandoned Engineering**
1.00 PM **Abandoned Engineering**
5.00 **Three Up, Two Down**
8.20 **Three Up, Two Down** 3/7. Daphne tries to come to terms with the scales of justice – and crocodiles. Stars Angela Thorne and Michael Elphick. **9.00** 4/7. Angie's career takes off – leaving unemployed Nick at home and feeling at a loose end. Daphne is in need of support as Giles receives a three-month prison sentence. **9.40** 5/7. Giles decides upon an extreme course of action to win back Daphne, while Angie jets off to the Seychelles on a modelling assignment. **10.20** 6/7. Daphne's fears come true when a trip to the coast finds her all at sea with Sam. **11.00** 7/7. Daphne gets some advice from her old nanny, but it could be a little too late. (S3)
11.35 **Three Up, Two Down**
5.30 **to 6.00** AM **The Lakes with Paul Rose**

+1hour 266 376

ID

154 140 166

8.00 AM **People Magazine Investigates** A crime that took 47 years for the truth to emerge.
9.00 **American Monster**
11.00 **Disappeared**
12.00 NOON **Evil Lives Here**
1.00 PM **American Monster**
3.00 **Disappeared**
4.00 **Evil Lives Here**
5.00 **Devil in Suburbia**
7.00 **Faking It: Tears of a Crime** Focusing on the cases of Tracie Andrews and Mike Gifford-Hull. **8.00** The cases of Shafilea Ahmed and Gordon Wardell.
9.00 **American Monster** Marcus and Christie's relationship sours when Marcus becomes violent.
10.00 **Portals to Hell** Jack Osbourne and Katrina Weidman head to a Texas home said to be plagued by demonic activity.
11.00 **Haunted Towns**
12.00 M'T **The Dead Files**
2.00 AM **Devil in Suburbia**
4.00 **to 6.00** AM **Faking It: Tears of a Crime**

+1hour 254 366

Discovery Turbo

161/172 146 180

7.00 AM **Wheeler Dealers**
8.00 **Motor Pickers**
9.00 **Outback Truckers**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Richard Hammond's Workshop** Some of the classic cars and motorbikes go to auction with no reserve.
1.00 PM **Bad Chad Customs**
2.00 **Salvage Hunters: Classic Cars**
3.00 **Outback Truckers**
4.00 **Shed and Buried: Classic Cars**
5.00 **Motor Pickers**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Shed and Buried: Classic Cars** Henry and Fuzz head to Kent to view Martin's eclectic collection.
9.00 **Holden Bros. Restos**
10.00 **Outback Truckers**
11.00 **Wheeler Dealers**
12.00 M'T **Shed and Buried: Classic...**
1.00 AM **Richard Hammond's Workshop** As 12.00noon.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

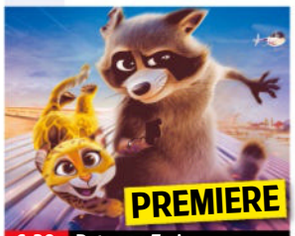
+1hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **PREMIERE Pets on a Train**
7.30 **How to Train Your Dragon** Fantasy. (2025, PG) ★★★★
9.35 **PREMIERE Icefall** As 8pm.
11.20 **The Gentleman** Thriller. (2025, 15, 89min) ★★
12.55 PM **Plainclothes** As 1.55am.
2.35 **Neighborhood Watch** Thriller. (2025, 15, 92min) ★★★★
4.10 **Jurassic World: Rebirth**
6.30 **PREMIERE Pets on a Train** Animation. (2025, PG, 87min) ★★★ *See review, page 27.*



6.30 Pets on a Train

8.00 PREMIERE Icefall Thriller starring Joel Kinnaman. A game warden captures a poacher, only to discover he's aware of the location of a plane carrying millions of dollars frozen in a lake. (2025, 15, 95min)

9.45 Jurassic World: Rebirth Fantasy adventure starring Scarlett Johansson Mahershala Ali and Jonathan Bailey. A crack team infiltrate a forbidden island to collect the DNA of three key dinosaur species. (2025, 12, 133min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Bring Her Back** Mystery thriller starring Sally Hawkins. (2025, 18, 104min) ★★★★
1.55 **Plainclothes** Thriller starring Tom Blyth. (2025, 15, 95min)
3.35 **Pets on a Train** As 6.30pm.
5.10 **to 6.50** AM **Reckless** Action comedy. (2026, 15, 91min)

Sky Cinema Book Day

303 303 403 503 517

7.15 AM **Shrek** Animated comedy. (2001, U, 90min) ★★★★★
8.55 **The NeverEnding Story**
10.45 **The Hobbit: The Desolation of Smaug** (2013, 12) ★★★★
1.35 PM **The Hobbit: The Battle of the Five Armies** Fantasy. (2014, 12, 144min) ★★★
4.00 **Lemony Snicket's A Series of Unfortunate Events** Fantasy. (2004, PG, 103min) ★★★★
6.00 **Wicked** Musical fantasy. (2024, PG, 160min) ★★★★

6.00 Wicked

8.50 Harold and the Purple Crayon Adventure starring Zachary Levi. A character who lives in a hand-drawn world tumbles into the present day as a flesh-and-blood man. (2024, PG, 87min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 Oliver! Oscar-winning musical based on Charles Dickens' *Oliver Twist*, starring Mark Lester, Ron Moody, Oliver Reed and Jack Wild. (1968, U, 146min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.00 AM **The Cat in the Hat** Comic fantasy starring Mike Myers. (2003, PG, 82min) ★★★★
2.40 **The NeverEnding Story** Fantasy starring Barret Oliver. (1984, U, 94min) ★★★
4.20 **to 6.00** AM **Harold and the Purple Crayon** As 8.50pm.

Sky Cinema Drama

310 310 410 510 524

6.25 AM **Love Story** As 5.45am.
8.10 **Let's Dance** Musical with Betty Hutton. (1950, U, 112min) ★★
10.10 **The Boy in the Striped Pyjamas** Wartime drama. (2008, 12, 94min) ★★★★
11.50 **I, Tonya** Biopic starring Margot Robbie. (2017, 15, 119min) ★★★★
1.50 PM **Peggy Sue Got Married** Romantic fantasy comedy. (1986, 15, 104min) ★★★★
3.45 **Terms of Endearment** Oscar-winning comedy drama. (1983, 15, 132min) ★★★★★
6.00 **Escape to Victory** World War Two drama starring Sylvester Stallone and Michael Caine. (1981, PG, 111min) ★★
8.00 **The King's Speech** Oscar-winning drama starring Colin Firth and Geoffrey Rush. (2010, 12, 118min) ★★★★★
10.00 **The Brutalist** Epic period drama starring Adrien Brody. (2024, 18, 215min) ★★★★★
1.20 AM **Cool Hand Luke** Prison drama starring Paul Newman. (1967, 15, 126min) ★★★★★
3.30 **Terms of Endearment** (1983)
5.45 **to 7.30** AM **Love Story** Romantic melodrama starring Ali MacGraw and Ryan O'Neal. (1970, PG, 100min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

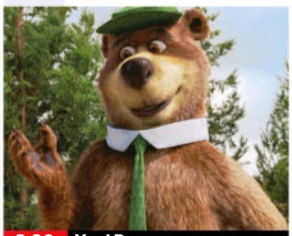
6.25 AM **The Watched** As 1.35am.
8.20 **Cuckoo** As shown at 3.25am.
10.10 **Get Out** Psychological thriller. (2017, 15, 104min) ★★★★★
12.00 NOON **47 Metres Down** Horror. (2017, 15, 89min) ★★★
1.35 PM **The Lawnmower Man** Sci-fi thriller. (1992, 15, 105min) ★★★
4.00 **Nosferatu** Horror starring Bill Skarsgård and Lily-Rose Depp. (2024, 15, 132min) ★★★★
6.15 **Annabelle** Horror spin-off from *The Conjuring*, starring Annabelle Wallis and Ward Horton. (2014, 15, 97min) ★★
8.00 **Annabelle: Creation** Horror with Anthony LaPaglia and Samara Lee. (2017, 15, 109min) ★★★
9.55 **The Nun** Horror starring Taissa Farmiga and Demián Bichir. A troubled priest and a novice nun discover a religious order's terrible secret and battle a malevolent force. With Jonas Bloquet. (2018, 15, 96min) ★★★
11.35 **Blade: Trinity** Action adventure sequel. (2004, 15, 113min) ★★★
1.35 AM **The Watched** Horror. (2024, 15, 102min) ★★★
3.25 **Cuckoo** Horror thriller. (2024, 15, 102min) ★★★
5.15 **to 7.00** AM **Warm Bodies** Horror comedy. (2013, 12) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

7.25 AM **The Hobbit: An Unexpected Journey** Fantasy. (2012, 12, 165min) ★★★
10.20 **Cats & Dogs** Fantasy comedy. (2001, PG, 87min) ★★★
12.00 NOON **Cats & Dogs: The Revenge of Kitty Galore** Comedy sequel. (2010, U) ★★
1.30 PM **Sonic the Hedgehog 3** Fantasy. (2024, PG) ★★★
3.30 **Hook** Fantasy. (1991, U) ★★★
6.00 **Stardust** Fantasy comedy. (2007, PG, 127min) ★★★★



8.20 Yogi Bear

8.20 Yogi Bear Family comedy featuring the voices of Dan Aykroyd and Justin Timberlake. Yogi Bear and his trusty sidekick Boo Boo must save Jellystone Park from being sold to loggers. (2010, U, 81min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 Grow Family comedy starring Nick Frost, Golda Rosheuvel and Priya-Rose Brookwell. Rivals pull every trick in the book to win a pumpkin-growing contest. (2025, PG, 107min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Harriet the Spy** Adventure. (1996, PG, 97min) ★★★★
1.40 AM **Robin and the Hoods** Comedy starring Naomie Harris. (2024, PG, 101min) ★★
3.30 **Paul Blart: Mall Cop** Crime comedy. (2009, PG, 91min) ★
5.10 **to 7.00** AM **Paul Blart: Mall Cop 2** Crime comedy sequel. (2015, PG, 92min) ★★

Sky Cinema Action

307 307 407 507 521

6.25 AM **Love Hurts** Action comedy. (2025, 15, 83min) ★★
7.50 **Terminator Salvation** (2009)
9.50 **xXx: Return of Xander Cage** Action thriller. (2016, 12) ★★★
11.40 **The Beekeeper** Thriller. (2023, 15, 105min) ★★★
1.35 PM **Spider-Man** Fantasy. (2002, 12, 121min) ★★★★
3.40 **Clash of the Titans** Fantasy. (2010, 12, 106min) ★★
5.30 **Furiosa: A Mad Max Saga** Fantasy. (2023, 15) ★★★★

8.00 Spider-Man 2

8.00 Spider-Man 2 Fantasy adventure sequel starring Tobey Maguire. Tempted to abandon his secret identity as crime-fighting superhero Spider-Man, Peter Parker finds his special powers are required to combat a new criminal adversary. (2004, PG, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 Fast & Furious 8 Action thriller sequel starring Vin Diesel. Street racing criminal Dominic Toretto is recruited by a terrorist, setting him at odds with his old gang. (2017, 12, 136min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **Terminator Salvation** Sci-fi action thriller sequel. (2009, 12, 110min) ★★★
2.35 **Wrath of the Titans** Fantasy. (2012, 12, 99min) ★★
4.20 **to 6.10** AM **The Fast and the Furious: Tokyo Drift** Thriller. (2006, 12, 104min) ★★

Sky Cinema Comedy

308 308 408 508 522

6.30 AM **Just Go With It** Romantic comedy. (2011, 12, 117min) ★
8.35 **The First Wives Club** Comedy. (1996, PG, 102min) ★★★
10.25 **How to Lose a Guy in 10 Days** Comedy. (2003, 12) ★★★
12.30 PM **Beverly Hills Cop** Comedy thriller. (1984, 15) ★★★★
2.20 **Hope Springs** (2012, 12) ★★★
4.05 **American Reunion** Comedy sequel. (2012, 15, 108min) ★★
6.05 **The Hangover** Dark comedy. (2009, 15, 99min) ★★★★

11.30 Jackass: The Movie

8.00 The Hangover Part II Comedy sequel starring Bradley Cooper. A drug-fuelled bachelor party in Bangkok leaves three friends looking for the bride's vanished brother. (2011, 15, 101min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 The Hangover Part III Comedy sequel starring Bradley Cooper, Ed Helms and Zach Galifianakis. The friends go in search of a Chinese criminal after they are captured by his mobster rival. (2013, 15, 100min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **Jackass: The Movie** Slapstick comedy. (2002, 18, 87min) ★
1.00 AM **Jackass 3** Comedy sequel. (2010, 15, 93min) ★★
2.40 **Ted 2** Comedy sequel. (2015, 15, 112min) ★★★
4.40 **Sky Cinema Preview**
5.40 **to 7.35** AM **Mean Machine** Sports drama remake. (2001, 15, 99min) ★★

Sky Cinema Thriller

309 309 409 509 523

6.25 AM **Paradise Highway** Thriller. (2022, 15, 115min) ★★★★
8.35 **Along Came a Spider** (2001)
10.30 **The Fugitive** As 8.00pm.
12.50 PM **Three Days of the Condor** Conspiracy thriller. (1975, 15, 118min) ★★★★
3.00 **Lethal Weapon 4** Action comedy thriller sequel. (1998, 15, 128min) ★★★
5.20 **The Firm** Thriller starring Tom Cruise and Jeanne Tripplehorn. (1993, 15, 155min) ★★★

10.15 Hannibal

8.00 The Fugitive Action thriller starring Harrison Ford and Tommy Lee Jones. A wrongly convicted man escapes on the way to jail and goes in search of the real culprit while evading the forces of the law. (1993, 15, 128min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 Hannibal Chiller sequel to *The Silence of the Lambs*, starring Anthony Hopkins and Julianne Moore. FBI agent Clarice Starling becomes an unwitting pawn in a perverse billionaire's plot to trap Hannibal Lecter. (2001, 18, 131min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **The Alto Knights** Drama. (2024, 15, 123min) ★★★
2.40 **The Day of the Jackal** Thriller. (1973, 15, 142min) ★★★★★
5.10 **to 7.00** AM **Along Came a Spider** Thriller. (2001, 15) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Ride Lonesome** Western. (1959, 12, 73min) ★★★★
12.30 PM **Yellow Sky** Western. (1948, b/w, PG, 98min) ★★★
2.35 **For Whom the Bell Tolls** Classic romantic adventure. (1943, PG, 160min) ★★★
5.15 **Monkey Business** Comedy. (1952, b/w, U, 97min) ★★★★
7.10 **Taxi** Action comedy starring Queen Latifah and Jimmy Fallon. (2004, 12, 97min) ★★

11.40 Déjà Vu

Taxi
(film started at 7.10pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 The Equalizer Action thriller starring Denzel Washington, Chloë Grace Moretz and Marton Csokas. An ex-secret agent fights to bring down a crime syndicate after coming to the aid of an abused prostitute. (2014, 15, 132min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Déjà Vu** Sci-fi action thriller starring Denzel Washington. A federal agent investigating the bombing of a New Orleans ferry encounters a window into the past and races against time to prevent the tragedy. (2006, 12, 126min) ★★★★
2.05 **to 3.55** AM **Undergods** Fantasy starring Kate Dickie. (2020, 15, 92min) ★★★★

+1hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema Award Season

302 302 402 502 516

6.00 AM **Hero** As shown at 2.10pm.
7.50 **Raiders of the Lost Ark** (1981)
9.55 **American Sniper** Biopic. (2014, 15, 127min) ★★★★
12.10 PM **Dunkirk** As 6.10pm.
2.10 **Hero** Chinese period adventure. (2002, 12, 99min) ★★★★
4.00 **The Bodyguard** Romantic thriller. (1992, 15, 129min) ★★★
6.10 **Dunkirk** World War Two drama. (2017, 12, 106min) ★★★★★

8.00 **Sinners** Horror thriller starring Michael B Jordan. Twin brothers return to their hometown to start over, and find a dark force waiting to welcome them back. (2025, 15, 132min) ★★★★
10.20 **Troy** Spectacular epic inspired by *The Iliad*, starring Brad Pitt. When Trojan prince Paris elopes with Greek royal consort Helen, Greek king Agamemnon conspires to retrieve her as a pretext for invading and conquering Troy. (2004, 15, 163min) ★★★

1.15 AM **Taxi Driver** Martin Scorsese's disturbing drama. (1976, 18, 110min) ★★★★★
3.25 **Sky Cinema Preview**
4.25 **to 6.25** AM **Raiders of the Lost Ark** Steven Spielberg's adventure with Harrison Ford. (1981, PG, 115min) ★★★★★

Sky Cinema Greats

304 304 404 504 518

6.20 AM **Demolition Man** (1993)
8.20 **Jackie Chan's First Strike**
9.50 **The Golden Child** Fantasy. (1986, PG, 93min) ★★
11.35 **Billy Madison** Comedy. (1995, PG, 90min) ★★
1.10 PM **Ace Ventura Pet Detective** Comedy. (1993, 12) ★★★★
2.40 **Ace Ventura: When Nature Calls** Comedy sequel. (1995, PG, 89min) ★★★

4.20 **Enter the Dragon** Thriller. (1973, 18, 97min) ★★★★
6.05 **Lethal Weapon** Comedy thriller. (1987, 15, 110min) ★★★★
8.00 **Lethal Weapon 2** Action comedy thriller sequel starring Mel Gibson and Danny Glover. (1989, 15, 110min) ★★★★
10.00 **Pulp Fiction** Quentin Tarantino's crime comedy, a homage to trash crime novels and popular culture, starring John Travolta, Bruce Willis and Samuel L Jackson. (1994, 18, 154min) ★★★★★

12.35 AM **Sleepers** Fact-based drama. (1996, 18, 146min) ★★★
3.05 **Demolition Man** Sci-fi action thriller. (1993, 15, 114min) ★★★
5.05 **The Cinema List: British Women Directors**
5.30 **to 7.00** AM **Jackie Chan's First Strike** Thriller. (1996, 12) ★★

Sky Cinema Animation

305 305 405 500 514

7.00 AM **Into the Wonderwoods** Animated family adventure. (2024, U, 81min) ★★★
8.40 **Rango** Animated Western. (2011, PG, 103min) ★★★★
10.40 **PREMIERE** **Pets on a Train**
12.20 PM **The Lego Movie 2: The Second Part** Animated sequel. (2019, U, 107min) ★★★★
2.15 **Monster Family** Animated comedy. (2017, PG, 96min) ★★

4.00 **The Garfield Movie** Animation. (2023, U, 101min) ★★★
5.50 **Madagascar: Escape 2 Africa** Animated comedy sequel. (2008, PG, 89min) ★★★
7.35 **Bee Movie** Animated comedy. (2007, U, 91min) ★★★
9.20 **PREMIERE** **Pets on a Train** Animated family adventure. (2025, PG, 87min) ★★★
11.00 **Transformers One** Animation. (2024, PG, 104min) ★★★★
1.00 AM **10 Lives** Animated comedy. (2024, U, 98min) ★★★

2.35 **Batman Unlimited: Mechs vs Mutants** Animated adventure. (2016, PG, 72min) ★★★
3.55 **Noah's Ark** Animation. (2024, U, 96min) ★★★
5.45 **to 7.30** AM **Rebellious** Animated fantasy adventure. (2024, PG, 94min) ★★★

Movies 24

312 313 419

7.00 AM **The Blessing Bracelet** Drama. (2023, PG, 90min) ★★
9.00 **Planning on Forever** Romantic comedy. (2022, PG, 89min) ★★
11.00 **Romance with a Twist** Drama. (2024, PG, 84min) ★★
1.00 PM **My Argentine Heart** Romantic comedy drama. (2025, PG, 84min) ★★
3.00 **Adventures in Love & Birding** Drama. (2025, PG, 84min) ★★

5.00 **The Wedding Contest** Romantic comedy drama. (2023, PG, 88min) ★★
7.00 **A Missed Connection** Romantic drama starring Meggan Kaiser. (2023, PG, 90min) ★★
9.00 **Sparks Over Brooklyn** Romantic drama starring AnnaMaria Demara and David Lafontaine. A chef tries to protect the feel of her family's restaurant when it is bought out by a tech entrepreneur. (2023, PG, 89min) ★★

11.00 **Sweet as Pie** Romantic comedy. (2022, PG, 93min) ★★
1.00 AM **Notes of Autumn** Romantic drama. (2023, PG, 90min) ★★
3.00 **to 5.00** AM **Junebug** Fantasy drama. (2024, PG, 84min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Law of the Plainsman**
6.30 **Two Wives at One Wedding** Drama. (1961, b/w, U) ★★★
7.50 **Where There's a Will** Comedy. (1955, b/w, U, 79min) ★★
9.20 **Once a Sinner** Drama. (1950, b/w, PG, 80min) ★★★
11.00 **The Love Match** Comedy. (1955, b/w, U, 85min) ★★★
12.45 PM **Edgar Wallace Mystery Theatre** *Backfire:* 8/11. (S2)

1.55 **McLintock!** Comedy Western. (1963, U, 127min) ★★★
4.30 **The Cheaters** 1/12. (S1)
5.00 **Pink String and Sealing Wax** Ealing Studios period thriller. (1945, b/w, PG, 89min) ★★★★
6.45 **Witness in the Dark** Thriller. (1959, b/w, U, 62min) ★★
8.00 **Z Cars** 1/42. (S2)
9.00 **Cellar Club with Caroline Munro**
9.05 **Supernatural** 4/8. (S1)
10.05 **Cellar Club with Caroline Munro**
10.10 **Devil's Partner** Horror thriller. (1960, b/w, 18, 74min) ★★★

11.45 **Cellar Club with Caroline Munro**
11.50 **Hammer House of Mystery and Suspense** 5/13. (S1)
1.20 AM **The Tell-tale Heart** Horror. (1960, b/w, 18, 78min) ★★★
3.00 **The Man with the Golden Arm** Drama. (1955, b/w, 15) ★★★
5.30 **to 6.00** AM **Honey West**

Friday

Sky Sports Main Event

401 401 501 419 439

6.15 AM **The F1 Show**
7.15 **Formula 1** Australian Grand Prix.
8.30 **F1 Team Principal Press Conference**
9.00 **Formula 1** Australian Grand Prix.
10.15 **The F1 Show** Race preview.
11.15 **LIVE DP World Tour Golf** Coverage of day two of the Joburg Open held at Houghton Golf Club.
3.30 PM **LIVE PGA Tour Golf** Day two of the Arnold Palmer Invitational staged at Bay Hill Club & Lodge in Orlando, Florida.
7.30 **LIVE EFL Preston North End v Oxford United.** The Championship match from Deepdale. Kick-off **8.00pm**.
10.30 **LIVE WTA & ATP Tennis** Day three of the Indian Wells Open from Indian Wells Tennis Garden.
12.10 AM **LIVE Formula 3** Coverage of the Australian Grand Prix sprint race held at Albert Park Circuit.
1.10 **LIVE Formula 1** The Australian Grand Prix third practice session.
3.05 **LIVE Formula 2** Coverage of the Australian Grand Prix sprint race.
4.10 **to 7.00** AM **LIVE Formula 1** The Australian Grand Prix qualifying session at Albert Park Circuit.

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
9.00 **The Big Interview**
9.30 **Premier League Stories**
10.00 **Sky Sports FC**
12.00 NOON **Total Football**
5.00 PM **Premier League Friday** Roman Kemp hosts the Premier League weekend preview show.
7.00 **Premier League Review**
8.00 **Premier League Stories**
8.30 **The Big Interview** With a Premier League star of the past or present.
9.00 **Netbusters** Action from the Premier League, with highlights using alternative angles, featuring every goal from every game.
9.30 **Premier League Stories** Behind the scenes of the Premier League.
10.00 **The Big Interview**
10.30 **Netbusters** Recent action.
11.00 **Premier League Years** Action from the 2017/18 season.
1.00 AM **PL Retro** Manchester United v Arsenal from 2002.
3.00 **PL Greatest Games**
4.00 **Best Premier League Goals 23/24** A compilation of goals.
5.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **EFL Cup Retro**
8.00 **Scottish Premiership Goals**
9.00 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **EFL Cup Highlights**
11.30 **EFL** The 2017/18 season.
12.00 NOON **EFL Highlights**
12.30 PM **Bundesliga Weekly**
1.00 **EFL League One & Two Goals**
2.00 **Bundesliga** Recent action.
2.30 **SPFL Highlights**
2.45 **EFL Highlights** Championship.
3.45 **Bundesliga Weekly**
4.15 **SPFL Highlights**
4.30 **EFL Highlights**
6.15 **SPFL Highlights**
6.30 **Bundesliga** Recent action.
7.00 **EFL Highlights** Championship.
7.30 **LIVE EFL Preston North End v Oxford United.** The Championship match staged at Deepdale, as the two sides at either ends of the table go head to head. Kick-off **8.00pm**.
10.30 **SPFL Highlights**
10.45 **Jimmy Glass: The Great Escape**
11.15 **EFL Greatest Games**
12.00 M'T **Championship Retro**
2.45 AM **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **to 6.00** AM **SPFL Highlights**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **Men's T20 World Cup**
6.30 **Men's T20 World Cup Review**
7.30 **ICC Men's T20 World Cup**
10.00 **The Story of the Men's T20 World Cup Final 2024**
11.00 **Men's T20 World Cup Review**
11.30 **Men's T20 World Cup**
12.30 PM **Men's T20 World Cup Review Show**
1.00 **Men's T20 World Cup**
2.00 **Men's T20 World Cup Review**
2.30 **The Story of the Men's T20 World Cup Final 2024**
3.30 **Men's T20 World Cup**
5.00 **The Story of the Men's T20 World Cup Final 2024**
6.00 **Men's T20 World Cup** Sri Lanka v England staged at Pallekele International Cricket Stadium.
7.00 **Men's T20 World Cup Review**
8.00 **The Story of the Men's T20 World Cup Final 2024**
9.00 **Men's T20 World Cup** Action from the second semi-final at Wankhede Stadium, Mumbai.
10.00 The first semi-final.
11.00 India v South Africa held at Narendra Modi Stadium.
11.30 Sri Lanka v New Zealand.
12.00 M'T **to 6.00** AM **Men's T20 World Cup**

Sky Sports Golf

406 406 506 423 443

6.00 AM **LIVE LPGA Tour Golf** Day two of the Blue Bay LPGA from Jian Lake Blue Bay Golf Club.
9.00 **HotelPlanner Tour Golf**
9.30 **Legends Tour Golf**
10.30 **LIVE DP World Tour Golf** Coverage of the second day of the Joburg Open at Houghton Golf Club in South Africa.
3.30 PM **LIVE PGA Tour Golf** Day two of the Arnold Palmer Invitational staged at Bay Hill Club & Lodge in Orlando, Florida.
11.00 **AIG Women's Open Official Film 2025** Tournament review.
12.00 M'T **Legends Tour Golf**
1.00 **to 6.00** AM **LIVE Ladies European Tour Golf** Day three of the Australian Women's Classic from Magenta Shores Golf and Country Club in New South Wales.

Sky Sports Tennis

408 408 508 425 445

6.00 AM **WTA & ATP Tennis**
11.00 **WTA Tennis** Recent finals.
2.00 PM **ATP Tennis** Doha Open final.
3.00 **WTA & ATP Tennis**
7.00 PM **to 6.00** AM **LIVE WTA & ATP Tennis** Coverage of the third day's play of the Indian Wells Open, a hard-court tournament staged at Indian Wells Tennis Garden in California, featuring matches in the second round.

TNT Sports 1

410 413 521 408 430

6.00 AM **LIVE LIV Golf** Day two of the third round of the season from the Hong Kong Golf Club.
9.30 **Crouchy and Cole**
9.45 **Premier League: Big Interview**
10.15 **LIVE Alpine Skiing** Day one of the women's downhill in Italy.
12.00 NOON **Crouchy and Cole**
12.15 PM **Men's Cycling Pro Series**
1.15 **LIVE Ski Jumping** Day one of the men's HS130 in Lahti, Finland.
2.45 **Crouchy and Cole**
3.00 **Livigno: Beyond the Snow**
4.00 **LIVE Biathlon** The men's individual event in Kontiolahti.
6.00 **LIVE World Baseball Classic** Great Britain v Mexico.
9.30 **UEFA Champions League**
10.00 **Premier League Netbusters**
10.30 **Inside Serie A** The latest news.
11.00 **Biathlon** From Finland.
11.30 **Ski Jumping World Cup**
12.00 M'T **Winter Paralympic Games**
12.30 AM **Premier League Review**
1.30 **Isuzu UTE A-League**
2.30 **UEFA Champions League**
3.00 **LIV Golf** From Hong Kong.
4.30 **to 6.00** AM **LIVE LIV Golf** The third day of the third round of the season at the Hong Kong Golf Club.

TNT Sports 2

411 414 522 409 431

6.00 AM **LIVE Test Cricket Australia v India.** Coverage of the first day of the women's Test from Western Australian Cricket Association Ground in Perth.
1.30 PM **TNT Sports Cricket Reload**
2.00 **Women's One-Day International Cricket**
3.00 **Inside Serie A**
3.30 **Premier League Netbusters**
4.00 **Isuzu UTE A-League**
5.00 **LIV Golf** From Hong Kong.
6.30 **Sign Up – Into Football**
7.15 **Inside Serie A**
7.45 **TNT Sports Cricket Reload**
8.00 **Test Cricket** Australia v India.
9.00 **LIVE FIM X-Trial World Championship** The eighth round of the season in Chalon, France.
10.15 **MotoGP Highlights** Highlights from the Grand Prix of Thailand.
11.15 **Test Cricket** Australia v India in the first day of the one-off Test.
12.15 AM **Women's One-Day International Cricket**
4.15 **Test Cricket** Australia v India.
5.15 **to 6.00** AM **LIVE Test Cricket Australia v India.** Coverage of the second day of the one-off Test from Western Australian Cricket Association Ground in Perth.

Sky Sports Action

412 410 510 426 446

6.00 AM **Super League**
9.00 **LIVE NRL Brisbane Broncos v Penrith Panthers.** Coverage of the match staged at Suncorp Stadium in Brisbane. Kick-off **9.00am**.
11.00 **Super League Highlights**
12.00 NOON **NFL Highlights**
1.00 PM **Good Morning Football**
3.00 **NFL Highlights**
4.00 **Super League Highlights**
5.00 **NFL Bitesize Highlights**
5.30 **NBC's Pro-Football Talk**
7.30 **LIVE Super League Leigh Leopards v Catalans Dragons.** Coverage of the top-flight match from Progress with Unity Stadium. Kick-off **8.00pm**.
10.15 **NBA on Fire** The latest news.
10.45 **NFL Bitesize Highlights**
11.00 **NFL Highlights**
12.00 M'T **The Insiders** NFL news.
1.00 AM **Super League Highlights**
2.00 **NFL Bitesize Highlights**
2.45 **Super League Highlights**
3.30 **LIVE Super Rugby Highlanders v Western Force.** Coverage of the match from Forsyth Barr Stadium in Dunedin, New Zealand. Kick-off **3.35am**.
5.30 **to 6.00** AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **LIVE Super Rugby Pacific Chiefs v Moana Pasifika.** Coverage of the match from FMG Stadium Waikato in Hamilton, New Zealand. Kick-off **6.05am**.
8.00 **Sky Sports Breakfast**
8.30 **LIVE Super Rugby Waratahs v Hurricanes.** Coverage of the match from Allianz Stadium. Kick-off **8.35am**.
10.30 **Sky Sports FC**
12.00 NOON **Total Football**
12.30 PM **LIVE PGA Tour Golf** Coverage of the second day of the Arnold Palmer Invitational at Bay Hill Club & Lodge in Orlando, Florida. Previous winners of this event include Francesco Molinari, Rory McIlroy and Tiger Woods.
7.30 **LIVE Super League Leigh Leopards v Catalans Dragons.** Coverage of the top-flight match from Progress with Unity Stadium. Kick-off **8.00pm**.
10.15 PM **to 6.00** AM **LIVE WTA & ATP Tennis** Coverage of the third day's play of the Indian Wells Open, a hard-court tournament staged at Indian Wells Tennis Garden in California, featuring matches in the second round.

Sky Sports Mix

416 412 511 429 449

6.00 AM **EFL Greatest Games**
7.00 **Premier League Darts**
11.00 **Super League**
1.45 PM **PL Greatest Games**
3.00 **PGA Tour Champions**
4.00 **Super League**
6.45 **My Icon** Sporting influences.
7.25 **LIVE Netball Super League Leeds Rhinos v Loughborough Lightning.** Coverage of the match staged at Canon Medical Arena. Centre-pass **7.30pm**.
9.00 **Super League Highlights**
10.00 **WTA Tennis** Mérida Open final.
11.00 **One Championship Weekly**
11.30 **PL Greatest Games**
12.00 M'T **LIVE NBA Basketball Boston Celtics v Dallas Mavericks.** Coverage of the inter-conference match staged at TD Garden. Tip-off **12.00m't**.
2.30 AM **Men's T20 World Cup**
4.00 **to 6.00** AM **LIVE LPGA Tour Golf** Day three of the Blue Bay LPGA at Jian Lake Blue Bay Golf Club on Hainan Island in China.

TNT Sports 3

413 415 523 410 432

6.00 AM **Premier League Review**
7.00 **Premier League: Big Interview**
7.30 **AFL** Sydney Swans v Carlton Blues.
9.00 **LIVE AFL Gold Coast Suns v Geelong Cats.** Coverage of the match from People First Stadium on the Gold Coast. Bounce-up **9.05am**.
12.00 NOON **Premier League**
3.00 PM **Longines FEI Jumping World Cup** From Finland.
4.00 **Ella Toone's Away Days**
4.30 **Premier League** Manchester City v Nottingham Forest.
6.00 Tottenham v Crystal Palace.
7.30 **Premier League Stories**
8.00 **Premier League Netbusters**
8.30 **Sign Up – Into Football**
9.15 **Fight Week** UFC 326 preview.
9.45 **UFC Countdown** UFC 326.
10.30 **LIV Golf** From Hong Kong.
12.00 M'T **AFL** A match replay.
1.30 AM **Premier League**
4.30 **Premier League Netbusters**
5.00 **to 6.00** AM **Premier League**

TNT Sports 4

414 416 524 411 434

6.00 AM **Highlights**
7.30 **Winter Sports** Recent action.
8.30 **LIVE Isuzu UTE A-League Adelaide United v Wellington Phoenix.** Kick-off **8.35am**.
10.30 **MotoGP Rewind**
10.45 **LIVE Nordic Combined Skiing**
11.30 **TNT Sports Reload**
11.45 **LIVE Nordic Combined Skiing**
1.00 PM **TNT Sports Reload**
1.15 **LIVE Ski Jumping** In Lahti.
2.45 **LIVE Nordic Combined Skiing**
4.00 **Discovery Golf** The latest news.
4.30 **Rolex SailGP Championship**
5.30 **AFL** A match replay.
7.00 **TNT Sports Reload**
7.15 **Ultimate Pool** Recent action.
8.45 **FEI Jumping World Cup**
9.45 **WRC: More Than Machine**
10.45 **Rolex SailGP Championship**
11.45 **MotoGP Rewind**
12.00 M'T **UFC Countdown**
12.45 AM **TNT Sports Reload**
1.00 **Winter Sports** Recent action.
2.00 **to 5.00** AM **Highlights**

Premier Sports 1

419 551

6.00 AM **Motorsport** Killarney Rally.
7.00 **URC in 60** Recent action.
8.00 **NASCAR Highlights**
9.00 **Eredivisie Highlights**
10.00 **Scottish Football Social Club**
11.00 **LaLiga Match Highlights**
11.30 **Motorsport** Valentino Rossi.
12.00 NOON **NHL Ice Hockey**
3.00 PM **Rugby Union**
4.55 **Sporting Countdowns**
5.25 **Eredivisie Highlights**
6.25 **LaLiga Match Highlights**
7.55 **LIVE LaLiga Osasuna v Mallorca.** The Spanish top-flight match staged at Estadio El Sadar. Kick-off **8.00pm**.
10.00 **Sporting Countdowns**
10.30 **Sporting Greats**
11.00 **NHL Ice Hockey**
2.00 **to 6.00** AM **LIVE NHL Ice Hockey Edmonton Oilers v Carolina Hurricanes.** Coverage of the inter-conference match from Rogers Place. Face-off **2.00am**.

Premier Sports 2

420 552

6.00 AM **Football's Greatest**
7.00 **Top 14 Rugby Union**
9.00 **NHL Ice Hockey**
11.00 **Bike World** Magazine.
11.30 **NASCAR Trucks** The latest round of the season in St. Petersburg.
2.30 PM **Motorsport** A look at the career of Valentino Rossi.
3.00 **LaLiga** Real Madrid v Getafe.
5.00 **Top 14 Rugby Union** A replay of Clermont Auvergne v Bayonne.
7.00 **Temples of Sport**
7.30 **Eredivisie** PEC Zwolle v Ajax.
9.30 **Football's Greatest**
10.00 **NHL Ice Hockey** Philadelphia Flyers v Utah Mammoth.
12.00 M'T **LIVE NHL Ice Hockey Detroit Red Wings v Florida Panthers.** The Eastern Conference match from Little Caesars Arena. Face-off **12.00m't**.
3.00 AM **Temples of Sport**
3.30 **Football's Greatest**
4.00 **to 6.00** AM **Top 14 Rugby Union**

Sky Sports F1

407 407 507 424 444

6.15 AM **Formula 1** From Australia.
11.15 **Brad Pitt x McLaren**
11.30 **Formula 1** Australian Grand Prix.
2.00 PM **The F1 Show** Race preview.
3.00 **LIVE Indycar** The Good Ranchers 250 first practice session.
4.00 **Formula 1** Australian Grand Prix.
4.20 **F1 Features**
4.45 **Formula 1** Australian Grand Prix.
6.00 **The F1 Show** Race preview.
7.00 **LIVE Indycar** The Good Ranchers 250 qualifying session.
8.30 **The F1 Show** Preview.
9.30 **LIVE Indycar** The Good Ranchers 250 second and third practices.
11.00 **The F1 Show** Race preview.
12.00 M'T **Williams F1 Blue Angels**
12.10 AM **LIVE Formula 3** The Australian Grand Prix sprint race.
1.10 **LIVE Formula 1** The Australian Grand Prix third practice session.
3.05 **LIVE Formula 2** The Australian Grand Prix sprint race in Melbourne.
4.10 **to 7.00** AM **LIVE Formula 1** Australian Grand Prix qualifying.

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KIDS WATCHLIST

Great shows for young viewers (from tots to teens) on linear TV and streaming

NEW

BBC iPLAYER Girl Troop Vs Aliens

Wed & Thu, 6pm, CBBC & BBC iPlayer

This brand new series, which was developed from a sell-out show at the Edinburgh Fringe, follows a quartet of 12-year-olds – Tilda (centre), Kiara, Ruby and Ginny – who are geared up for a summer of fun at Brighthawk camp. However, their plans are turned upside down when the camp is besieged by aliens!

Can the girls step up and use their survival skills to defend the planet – and earn the Brighthawk Planet Protector badge along the way? You bet they can!

PREMIERE

sky cinema Pets on a Train

Friday, 6am & 6.30pm, Sky Premiere

Described as a kid-friendly *Die Hard* (yes, really!), this French animated comedy follows a warm-hearted raccoon thief called Falcon, who is tricked into taking part in a hi-tech heist by a vengeful badger named Hans. But things go south after Hans hijacks a train in the name of revenge, leaving Falcon to team up with pets on board to bring the train to a stop.

Will keep kids entertained – and grown-ups will love the *Die Hard* references, so it's perfect for film night!

More great shows to watch this week...

World Book Day: Live Lesson NEW

Thu, 11am, CBBC & BBC iPlayer

Vick Hope and *Blue Peter*'s Joel M team up for this fun and interactive lesson for primary school pupils, celebrating the joy of reading.

KPop Demon Hunters

Available now, Netflix

If you've not been pulled into the hype surrounding this film, where have you been? Nominated for two awards at the upcoming Oscars (Best Animated Feature and Best Original Song), it's a must watch.

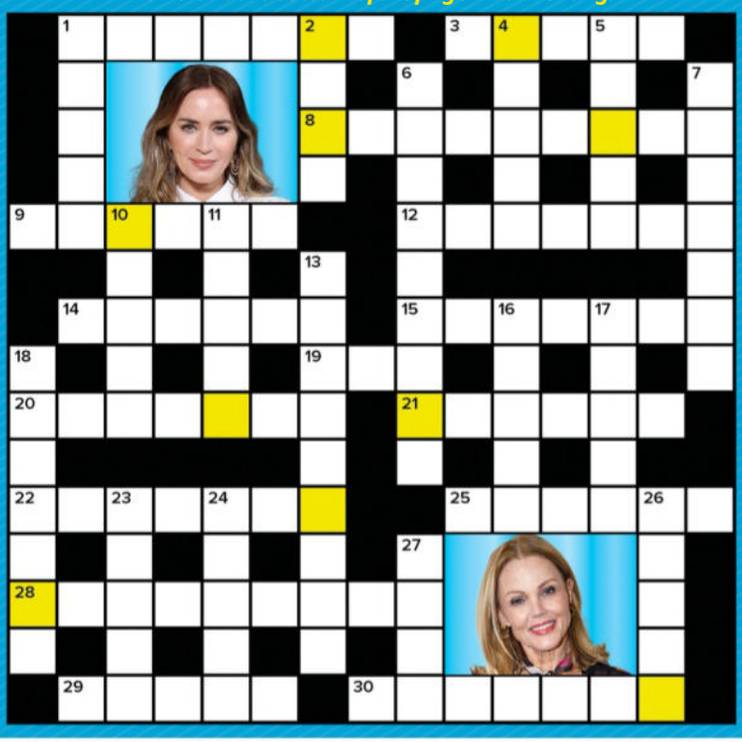
Press Gang

Monday, 1.05pm, Rewind TV (also available on ITVX)

Written by Steven Moffat (*Doctor Who*), this 90s comedy drama about a group of teenagers running a newspaper is a classic. Julia Sawalha and Dexter Fletcher star.

CROSSWORD

Solve the clues in our just-for-fun crossword puzzle and re-arrange the shaded squares so the letters spell out the name of a British actor (4,6). Answers at the bottom of the page – no cheating!



ACROSS

1 See picture clue: ------- Carlisle, singer of 1987 chart-topper *Heaven Is a Place on Earth* (7)
3 ----- Norris, plays Bernie in *EastEnders* (5)
8 Series with Dafne Keen, *His Dark* --------- (9)
9 ------ Ranks, Jamaican dance-hall musician (6)
12 Tricia -------, played Gina in *Heartbeat* (7)
14 Sissy ------, actor in 1977 horror film *Carrie* (6)
15 Mo -------, former surgeon in *Holby City* (7)
19 American musician and actor, --- Garfunkel (3)
20 The Beatles hit from 1966, ------- *Rigby* (7)
21 Star of 2019 movie *The Favourite*, ------ Colman (6)
22 TV series starring Phoebe Waller-Bridge (7)
25 Trudie ------, actor married to Sting (6)
28 Golden --------- Award, movie prize nicknamed a Razzie (9)
29 ----- Zellweger, star of the Bridget Jones films (5)
30 Sacha Baron Cohen film from 2016 (7)

DOWN

1 Danny Boyle movie from 2000, *The* ----- (5)
2 Leonard Rossiter sitcom, *Rising* ---- (4)
4 Italian big-screen legend, Sophia ----- (5)
5 *My Own Private* -----, 1992 River Phoenix film (5)
6 John ---------, presenter (9)
7 Cuban-American singer, Gloria ------- (7)
10 Record label founded by The Beatles (5)
11 American star of 1984 film *Footloose*, Kevin ----- (5)
13 Alexander ---------, actor in *Big Little Lies* (9)
16 *Our Man* -----, 1966 James Coburn film (5)
17 Actor in *Peaky Blinders*, Sam ----- (5)
18 Actor in 1973's *The Sting*, Robert ------- (7)
23 Corrie role of Pat Phoenix, ----- Tanner (5)
24 Hit 1994 Manic Street Preachers album, *The Holy* ----- (5)
26 See picture clue: Actor in 2018's *A Quiet Place*, ----- Blunt (5)
27 2015 *I'm a Celebrity* star, Kieron ---- (4)

WORDS: LYNETTE BRIGHTON. PHOTOS: GETTY, BBC, SKY CINEMA, ITV/SHUTTERSTOCK.

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Recycle

CROSSWORD SOLUTION

ANSWER: Gary Oldman **ACROSS:** 1 Belinda, 3 Clair, 8 Materials, 9 Shabba, 12 Penrose, 14 Spacek, 15 Effanga, 19 Art, 20 Eleanor, 21 Olivia, 22 Fleabag, 25 Styler, 28 Raspberry, 29 Renée, 30 Grimsby.
DOWN: 1 Beach, 2 Damp, 4 Loren, 5 Idaho, 6 Stapleton, 7 Estefan, 10 Apple, 11 Bacon, 13 Skarsgård, 16 Flint, 17 Neill, 18 Redford, 23 Elsie, 24 Bible, 26 Emily, 27 Dyer.

Coming soon

Suranne Jones as DCI Silva and Rose Leslie as DI Longacre

FIRST LOOK

VIGIL

Suranne Jones and Rose Leslie are back in the taut thriller

BBC1's crime drama *Vigil* is making an icy return later this year for its third series, which this time around focuses on a murder investigation in the Arctic.

The six-part run, which was filmed in Scotland and the Norwegian islands of Svalbard, sees Suranne Jones reprise her role as DCI Amy Silva, who, alongside her colleague and life partner DI Kirsten Longacre (Rose Leslie), is sent to a polar research station where one of the personnel taking part in a secret British special forces mission has been fatally shot. As the couple try to identify the killer, they must also attempt to calm international tensions, but their careers and relationship come under threat.

ARCTIC MISSION

Jeppe Beck Laursen, Steven Miller, Derek Riddell, Naomi Yang, Benjamin Wainwright, Tornike Gogrichiani, Amy Manson, Steven Cree and Danusia Samal join the cast, while Gary Lewis is back as Detective Superintendent Colin Robertson with Dominic Mafham returning as MI5 official Sir Ian Downing.

'I can't wait to return to *Vigil* and work with Rose again,' says Jones. 'I'm sure it will be a thrill of a ride.'

'I'm delighted that Suranne and Rose are returning for a new adventure,' adds creator and writer, Tom Edge. 'We travel to the frozen north where the world's great powers are competing to secure advantages as the ice melts. We hope to deliver an epic investigation that shines a light on issues that will shape the world we all live in.'

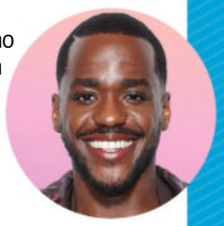
WHAT'S NEXT FOR...

Kerry Godliman

In ITV1's **Dalziel and Pascoe**, a reboot of Reginald Hill's books about the cop duo previously portrayed by Warren Clarke and Colin Buchanan, the actor will play DI Andrea Dalziel with Nina Singh as DS Paige Pascoe.

Ncuti Gatwa

The actor is joining the cast of BBC1's 10-part drama **First Day on Earth** about a novelist (Michaela Coel) who uncovers secrets in Ghana. Thandiwe Newton, Maxine Peake and Danny Sapani will also appear.



David Morrissey

For C4's new drama **The Siege**, exploring the raid by the SAS which ended the 1980 hostage situation at the Iranian Embassy in London, the actor will star alongside Danny Dyer and Motaz Malhees.

Freddie Flintoff

In ITV1's **Freddie Flintoff's Mission: Nepal**, the ex-cricketer joins Mr Jahrad Haq, the surgeon who performed Flintoff's facial surgery after a car crash, to examine how similar procedures can help patients in Nepal.

Next week *On sale Tuesday 3 March*

Scarpetta

Prime Video's crime drama, based on Patricia Cornwell's novels, stars Nicole Kidman.

The Capture

As BBC1's thriller returns, DI Rachel Carey (Holliday Grainger) deals with a terrifying attack.

Rooster

A Sky Comedy series sees Steve Carell trying to help his college professor daughter (Charly Clive).

F1: Australian GP

British racing star Lando Norris begins the defence of his F1 title in Australia on Sky Sports.

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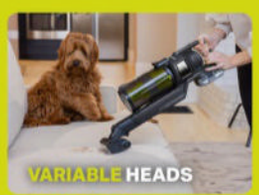

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